LELORD KORDEL

THE MATURE PERSON'S GUIDE TO VIBRANT HEALTH

YOU'RE YOUNGER THAN YOU THINK

$8.95

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THE MATURE PERSON'S GUIDE TO VIBRANT HEALTH

by **LELORD KORDEL**

World-famous nutritionist Lelord Kordel presents a *practical guide for the senior citizen*, including advice on nutrition, exercise, sex, and everyday economies in shopping.

For everyone who has passed his or her middle years, here is expert and up-to-date guidance on how to live longer and better in the sunset years. Written especially for those on fixed incomes, trying to cope with ruinous inflation, it includes such chapters as: *How to Cope with Normal Aches and Pains; The Simple Business of Aging—Mythology and Fact; You're Never Too Old for Sex; What you Should Know About Bone Shrinkage; Your Heart, Friend or Foe?; Growing Your Own Vegetables; Don't Waste Money on Empty Calories*; and many more.

Lelord Kordel urges an end to dependency on synthetic drugs and processed foods and promotes a return to natural foods and remedies. His sound advice, which shows how to avoid expensive medical bills, demonstrates

(Continued on back flap)

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You're Younger Than You Think

YOU'RE YOUNGER THAN YOU THINK

The Mature Person's Guide to Vibrant Health

By LELORD KORDEL

author of *NATURAL FOLK REMEDIES*, etc.

G.P. PUTNAM'S SONS

NEW YORK

Names used in case histories are fictitious and any resemblance to persons living or dead is purely coincidental.

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To the Memory of
Dr. C. Ward Crampton
Great Pioneer in Gerontology
and Beloved Friend

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You're Younger Than You Think

PART I:

Your Good Health– Pathway to a Happier Maturity

Ways you can protect and maintain your "prime source" to a more active, satisfying maturity. Sensible advice for building up your stamina and natural constitution.

1

Are You One of a Growing Number?

How did you get the "message"?

Was it in the form of a chronic ache or pain, or were you laid up with a long illness?

Perhaps you discovered that your stomach couldn't handle certain foods anymore. Maybe your breathing became labored at the slightest exertion.

Was it failing eyesight? Rapidly thinning hair? Aching legs? Was it something that someone said or did, like offering you his seat on a bus?

Did you hear yourself addressed as "Gramps" or "Old-Timer" for the first time in your life? Were you sent a brochure inviting you to live in a retirement community?

At what age did "it" happen? Can you pinpoint the precise moment when you gazed in the mirror, heaved a sigh of dismay, and told yourself, "I'm not young anymore—so *I must be getting old*"?

Sooner or later it happens to everyone who lives out a normal lifespan. Some people accept their new category with equanimity—others cry out for help.

As a so-called "senior citizen" myself, I'm instinctively drawn to the mass of books, pamphlets, and articles dealing with my special "problems." A visit to a bookstore or public library turns up reams of literature dedicated to improving the lives of "retirees," "over 65-ers," and "golden-agers." By whatever sobriquet they apply, the authors are

attempting to make life more fruitful for the growing number of humans who can look forward to longer lives.

And that's only natural. Authorities have long observed that while science is making great strides in *extending* life, it has contributed little toward *enriching* those added years. The average person, reaching the age of retirement, must instantly phase down his or her life-style. Social Security barely covers basic needs. Medicare takes some of the sting out of doctor bills, but hardly provides for emergencies. Even pensions appear minuscule in an economy in which the cost of living moves invariably upward.

So I'm not surprised by the outpouring of manuals, not only for the older age group, but also for those in the middle years—the ones who anticipate the problems that lie ahead. A scanning of the bookshelves is enough to make those problems seem shockingly real.

One book purports to teach you how to live on "practically nothing," while another provides "gourmet" recipes that can be put together with food stamps. There's an author who discovered how to live the poor life "with style," and a middle-aged woman who has managed to turn those years into a "wonderful crisis."

Then, of course, there are the "medical" handbooks. For every illness that threatens, a piece has been written. The reader is advised what remedies to take, with the onset of symptoms, and how to determine when it's time to call in the doctor. When professional help is needed, ways are shown to cut the cost to a minimum.

Purchasing guides are available for every level of income. Each tells you how to stretch your dollar, how to detect frauds, how to avoid being overcharged. If you follow their advice and suggestions, you can indeed live more comfortably, no matter what your income or savings amount to.

So why another "voice"? What can I add that hasn't already been said?

During a lifetime devoted to guiding others into healthful living patterns, I've stressed two basic approaches: nutri-

tion and exercise. It's all well and good to save money on food—and everyone should—but if low food bills mean poor nutrition, then you wind up a loser in the long run. And if you maintain a life-style that deprives you of the basic exercise you need, you may be spending all your "saved" money on doctor bills.

I'm reminded of my friend Mark Ackerman, who, at the age of sixty-seven, contemplated buying a car. On his limited retirement income, Mark was about to make a great "sacrifice": for the first time since his boyhood, he would buy a used car instead of a new one.

Mark showed me a book containing a section on car buying for people with limited funds. It compared the depreciation of a new car to vehicles of one, two, and three years old. Costs of repairs were weighed against initial investments. The book even provided thorough checklists for inspecting a used car before purchase, and a handy guide to money-saving home auto repair. It proved, beyond a doubt, that Mark was wiser to go for a late used model.

"You don't seem impressed," Mark said, observing my pursed lips and shaking head.

"Why buy a car at all?" I replied.

"I'm not a pauper, Lelord. I've had a car all my life—I've grown used to it. If I can manage to swing one, why deprive myself?"

"Tell me, Mark, what'll you be using it for?"

"Oh, I don't know. Shopping, I guess, and traveling around town. Going to the theater, or visiting. Vacation trips."

"And think what your heart will be missing."

"Come again, Lelord?"

"You heard me. By using an auto to travel every inch of the way, you're depriving yourself of one of the simplest and best heart exercises—walking."

A brisk walk, I explained, increases the pulse rate, unlimbers the blood vessels as well as the muscles, and causes the heart to beat a little faster. More blood is pumped to the

brain and other vital organs. You breathe more deeply, allowing the lungs to supply the body with more oxygen.

"The supermarket," I went on, "is only a few blocks from home. Walk it, even if the first few trips tire you out. With all the unnecessary driving you've done, these past forty years, you're probably out of condition. But a few healthy strolls will put you back into shape.

"As for longer trips around town, the cheapest car is no match for the cost of buses or other public transportation. And all the while, you'll be getting in that extra bit of climbing and walking."

"That's fine as far as it goes," Mark said. "But what if I have to travel where there's no public transportation? Or if I'm loaded with heavy packages?"

"For those rare occasions," I answered, "you'll have saved enough money to treat yourself to a taxi. And for long vacation trips, you can rent a brand-new car. Why, with the savings on insurance alone, you've got to wind up ahead!"

After some fast calculating, my friend agreed. He sold his old car and became a confirmed walker. His gait grew faster, his posture more erect, and, probably, his heart is stronger. He also has more spending money.

Too many people try to live as Mark did, and too many experts seem to encourage that way of life. Don't get me wrong—I'm not advocating a Spartan existence. I love certain luxuries. But when a luxury becomes a health hazard, any money spent on it is sheer waste.

In many different ways, long-range well-being winds up as the budgetary stepchild. Here, for example, is a summary of advice to shoppers, gleaned from a number of books and pamphlets:

When you go to the supermarket, always have a shopping list prepared in advance. Don't shop on an empty stomach. Start by buying only advertised specials. Where unit pricing is required by law, that is the only price that should guide you. If unit pricing is not mandatory, then take the trouble to figure out the price per pound, quart, or count. Search the

shelves above and below normal eye-level—that's where retailers try to bury their least profitable merchandise. On dated foods, the *latest* date—not the *closest*—will stay fresh the longest.

This is excellent advice, and consumers would do well to practice it. Yet something is missing.

For instance, you go to the bread section and spot the least expensive package. You check the date on the package, and satisfy yourself that you have the cheapest, freshest loaf in the store. You toss it in the basket and move on to your next purchase.

But what are you really buying? Most likely, bleached white bread—the so-called "fortified" variety, from which most of the nutrition was removed during processing. You'll be eating empty calories, adding nothing but weight to your physique.

True, unprocessed bread, containing whole wheat, costs a few pennies more. But by eating a fraction as much as the white bread, you consume far more minerals and vitamins.

And in none of the popular books on aging did I read warnings against synthetic flavoring, dyes, nonnutritive fillers, and preservatives in food. The cheapest foods are usually storehouses of chemicals that have been linked to numerous allergies—itching, hives, rashes, asthma—and to personality disturbances. If you're an allergy sufferer, start calculating costs.

Buying canned or packaged goods by the lowest unit price, you're cutting your marketing bill to the minimum. But how much do you pay your doctor each time you visit him to have your allergy treated? What is the weekly cost of drugs he prescribes to keep the itching or choking under control? If these symptoms abate when you eat chemical-free foods, aren't they worth the slight differences in price?

Take soup as another example. Nearly every book about low-cost living extols the virtues of soup . . . and with good reason. Soup is the nutritional jack-of-all-trades. Prepared one way, it can stimulate the taste buds at the start of

a meal. With some added ingredients, the same soup turns into a healthful minimeal to jade excessive appetite. Some soups make excellent between-meal snacks; others can be served as whole meals by themselves.

Mouth-watering images are painted of steaming bowlfuls that send fragrant vapors through the house, providing not only nourishment but comfort and relaxation, especially in winter. And all for pennies a day. Can anyone resist it? *Should* anyone?

Nowhere in the mass literature are you warned about the temperature of soup. Yet, if you have any heart problems, you should certainly be cautious. Reporting on a study of patients with cardiac conditions, Drs. Ludwig Gross and Raymond Malaya found that hot beverages increased dangerous symptoms. In some cases, heartbeat speeded up to a dangerous level or slowed down too much. Other patients developed irregular rhythm.

By all means, soup should be included in your diet if you want to eat healthily and save money. But you could be saving much more than money by sticking only to cold soups, or, at the very least, by letting the hot soups cool to a near-tepid level before taking your first spoonful.

The same advice would apply to coffee, tea, and other beverages.

Much, too, has been written about the great American indulgence in coffee. At any age, the authors all agree, too much coffee is hazardous to the cardiovascular and nervous systems. As we advance in years, the hazard increases. Therefore, it's both healthy and economical to cut down.

Tops on the list of suggestions is instant coffee instead of regular or freeze-dried. Far less costly, the instant variety also enables you to control the strength of your coffee by the spoonful, without wasting a drop.

The dried, ground, and roasted root called chicory is recommended as a substitute for coffee particularly as we grow older. It is inexpensive and, because of its similarity in taste to the real thing, can be used either as an additive to cut

coffee costs or as a complete substitute. Some other money-saving substitutes are ground and roasted barley, oats, and soybeans. You'll find all of these in health food stores.

Herbal teas should also be considered as pleasant, economical substitutes for coffee or regular tea. For one thing, they are free of harmful ingredients. Indeed, many herbs contain healthful vitamins and minerals which function as tonics and nervines.

Some of the tastiest drinks can be brewed from mint, dandelion, clover, and scores of other plants. Rose hips tea has been an after-dinner delight in Sweden for centuries. The beautiful star-shaped borage plant is enjoyed as a tea in France and England. And the delightful fragrance of honeysuckle tea is hard to beat. Health food stores stock dozens of varieties of herbal teas; it's fun browsing to make your own discoveries.

And, by cultivating your own herbs, you can kill the proverbial two birds by turning herbal beverages into a hobby—often a very profitable one. Learn how to prepare them for eating and drinking. Your purse will expand with new savings and your mind with new knowledge.

In many guidebooks for the aging there is a singular lack of dedication to the principles of healthful, preventive nutrition. Most authors, with good intention, are so concerned with saving money that they overlook the ultimate cost of failing health.

One book I read teaches you how to take a box of soda crackers—the cheapest you can find—and turn them into a veritable taste sensation. You merely crush and combine them with sweet, gooey, gluey morsels, equally cheap. Make no mistake about it—this concoction costs practically nothing and leaves you feeling full.

But full of what? The vitamin-mineral content adds up to a big, fat zero. A pinch of salt is all that the crackers can offer—the rest of their nutrition having escaped during the bleaching of the flour. The other ingredients, no matter what names they go by, are nothing but sugar-ridden con-

fections. As any physician or biochemist knows, refined sugar, loaded with useless calories, is poisonous to the teeth, the digestive tract, and the nervous system, and harmful to the heart.

I'd have felt better if the writer had called for rice wafers instead of soda crackers. And rather than sugary sweeteners, I'd much prefer a mixture of honey, carob, vanilla, and peanut butter. Equally filling, this recipe is a lot sweeter and infinitely more healthful.

Does it cost more? Yes, a little more. But you wind up the winner in a number of ways. Honey has more sweetening value than sugar, so less of it has to be used. Likewise, a few drops of vanilla have a more satisfying flavor than tablespoonfuls of some artificial flavoring. One rice wafer, with a thin spread of peanut butter, exceeds the food equivalent of several soda crackers. And so on.

So how much more does it cost in the long run? Not very much. And if the added nutrition helps to prevent illness or debility, then you've really spent far less.

Some books go to ludicrous lengths to save their readers money. Did you know that you can "stretch" a package of hot dogs, bologna, and other prepared meats into a whole week's meals? Pasta, polished rice, noodles, and other starchy foods—high in calories, low in nutrition—form the foundation of many a dietary program. One author even compares the relative merits of dog and cat foods for human consumption!

It's easy to laugh at such notions. But I can't help worrying that some people feel financially desperate enough to take the ideas seriously.

What troubles me most, however, is the enormous amount of space devoted to medical care for the mature citizen—as if sickness is a certainty. I don't mind advice on how to make the best use of Social Security, Medicare, and Medicaid, and how to save on prescriptions. But I absolutely rebel against the huge assortment of home treatments for just about any ailment you can name.

For this, in turn, leads to a plethora of patent "cures" in the nation's medicine cabinets. After all, if you can nip an illness at home, think of the doctor bills you'll be saving.

Americans alone consume about $300,000,000 worth of laxatives each year. The national bill for sleeping pills is around $150,000,000. When we include other Western countries in our statistics, the figures become staggering.

How much did the purchasers save in medical bills? Probably nothing! It's a pretty safe rule of thumb that if a remedy can be bought without a prescription, it is either useless or unnecessary.

Patent sleeping pills don't induce sleep. Laxatives, which are irritating to the bowel and sometimes habit-forming, are not nearly so effective as bran, whole grain breads, and raw fruits and vegetables. For home treatment of minor burns, no store-bought remedy can do better than cold tap water or compresses. By washing simple cuts and scratches with soap and water, you help your body fight germs better than any over-the-counter antiseptic.

As a nutritionist, dedicated to prevention of illness, I'm appalled by many writers' take-it-for-granted attitudes about illness. It's as if they're saying, "What's the difference? No matter how well we eat, we'll eventually need our money for medical bills." In line with such thinking, they recommend the cheapest foods possible, while preparing you for that inevitable visit to the doctor.

They fail to recognize that healthful food is itself a form of medicine—*preventive* medicine.

"The concentration of vitamins and minerals must be increased in the diets of the elderly." These are the words of Dr. George V. Mann, associate professor of biochemistry and medicine at Vanderbilt University. He also believes that "There's a great need for health education" throughout the senior population.

As of 1975, one out of every ten Americans is over the age of sixty-five. Unfortunately, too many of them enter this period of life with the lowest amount of money they ever

possessed. It's no wonder that they clutch desperately at any chance to save even pennies.

Saving money should be the goal of everybody, young and old. But a certain amount of "give" is necessary.

If you're looking for a summary of recklessly cheap living, close this book—it's not for you. But if words like "wheat germ" and "sunflower seeds" don't frighten you—if foods like sprouts, brown rice, and whole wheat flour sound palatable—then give it a try.

Most of all, if you're willing to invest a little more in your health future, and watch it pay off in big dividends . . . then read on!

2

What Do We Mean by "Aging"?

Most of us know the phenomenon of aging only by its symptoms: wrinkling of the skin, baldness or hair whitening, pouchiness and paunchiness, weakening of the senses (especially of sight and hearing), stiffening joints, muscular atrophy, plus numerous other telltale signs.

How does it happen? Why? When? And to whom?

Senescence, the process of growing old, is probably the most elusive mystery in the annals of science. It defies definition. It seems to have neither a beginning nor an end. Some authorities regard aging as a strictly biological function; others consider it a state of mind. One school of biochemistry approaches aging as a normal function of life, another treats it as a disease.

Everybody "grows old" at the same rate of time, but no two people "age" identically. I've known some who retained youthful appearance and vigor until death—in their nineties and hundreds. I've seen others show signs of aging in their early forties, the process continuing until, by their middle fifties, they had all the symptoms that we normally expect when we're seventy.

When a man goes prematurely bald or turns gray in his twenties, can it be said that he's "aged"? How about children whose eyes are so bad that they're virtually sightless without glasses? Are they "old before their time"? There's no clear-cut answer.

Dr. Aldred Scott Warthin, professor of pathology at the University of Michigan, points out that at every age some part of the body is old and worn out. It either makes way for something else or is discarded. Even before birth, certain parts atrophy and new structures replace them.

During pregnancy the mother forms a structure, the placenta, that lives for nine months. Its function is to protect and nourish the developing fetus. When the baby is born, the placenta rapidly turns senile—wrinkling, shriveling up, finally emerging in the afterbirth.

The prostate and testes of the average male are considered old in the sixties. Most women's ovaries are senescent around forty-five. During adolescence of both sexes, the thymus gland generally reaches a condition of old age.

These phenomena have led to one of the most prevalent theories of human aging. The testes, ovaries, and thymus are three of the endocrine glands, ductless organs that feed hormones into the bloodstream. Hormones seem to play a vital role in preserving the youthfulness and vigor of our bodily organs. Therefore, aging is the sum of the decline of each endocrine gland. Some of the other endocrines are the thyroid, the adrenals, and the pituitary.

Another theory holds that aging is caused by self-poisoning. Over the years, poisonous substances accumulate in the system, especially in the intestines. Finally overwhelmed by these toxins, the body starts to age and eventually dies.

Some scientists believe that as we advance in years, the living organism, or its parts, slowly lose their ability to withstand environmental stress. There is also the belief that we are all born with a built-in biological clock that predetermines our rate of aging.

Professor Ilya Metchnikoff felt that aging is the result of bacterial toxins produced in the bowel. His student, Dr. Alexander Bogomoletz, attributed senescence to a breakdown of connective tissue, which binds and supports other tissues.

Theories are endless. Some have been discarded; new ones keep cropping up. Though the scientific community hasn't reached agreement on the precise nature of aging, they are in relative agreement about factors that affect aging.

Heredity? Absolutely. If your grandparents and parents remained hale and hearty into their eighties or nineties, chances are, if you don't abuse yourself, you can look forward to the same or better.

Life-style? Almost a certainty. If you smoke at all or drink excessively, you'll show the symptoms more rapidly. The same is true of overweight and undernourishment. Exercise slows the aging process, sedentary living accelerates it.

Mental outlook? Most likely. A reasoning, pragmatic person generally fares better than an intense, competitive one. The longer you keep working, or keep your mind active, the longer it will take for oldness to set in.

Much of the aging problem seems to center around the trillions of cells that make up the body. Cells have short lifespans, but the body has a marvelous capacity for replacing old and dying cells with new ones. Though bodily tissue remains constant in form and function, it is kept alive by the continual "turnover" of cells.

Cell replacement is related to the process of regeneration, in which there is a complete turnover of all cells. Skin wounds heal by a regeneration of the various cell types found in the epidermis and dermis. The tongue, when injured, has good regenerative capacity. The liver has been found to regenerate to normal size when large portions have been removed surgically. Transplants, replacing diseased or nonfunctioning organs with the healthy organs of a donor, take advantage of the body's wonderful ability to replace and regenerate itself.

There are some important cells, unfortunately, that lack this talent. These include neurons, cells that make up the nervous systems and the brain. Because neurons don't re-

generate, accidental effects of damage and disease can accumulate gradually, destroying these cells and the normal function of the person as a whole. Biologists suggest viruses, radiation, and other factors as possible agents causing such damage.

Processes of cellular growth and activity may be more age-related than we suspect. Recently it was shown that aging can be greatly slowed, and life lengthened, in rats whose growth was inhibited by inadequate feeding when they were young. This anti-aging effect occurred only when the diet was balanced in terms of its nutritional content (plenty of protein, vitamins, and minerals) but not given in the amounts that the animals usually consumed.

The food you eat plays major roles in cell function, in the building of structure, and in the supplying of energy to the cells. The keyword is protein. The older we get, the more our bodies require protein for cell building and replacement.

What it all boils down to is *homeostasis*—the steady state of coordination of all the physiological systems. The only way that this can be achieved is by giving the body all the chemicals it needs to maintain and replace cells. Protein provides the necessary building blocks; vitamins and minerals supply the mortar.

Cellular malfunction can result in serious illness and degeneration of tissue and organs. Sometimes, when cells don't reproduce in great enough number, when they live weak lives and die too easily, we develop symptoms that we mistakenly call "aging." My friend Emma Charles was a good example.

"Everything's over for me," Mrs. Charles complained. "I'm just withering up." She pointed to her skin, with its deepening wrinkles, and to her hair, which hung in strings around her face. Mrs. Charles was one of many women who had come to me in such a state—listless, tired, no longer able to take their former interest in life.

"Life is going on for you right now," I assured her. "The trouble is, you're not helping it one bit."

Looking at Mrs. Charles' white, pasty face, devoid of ruddy glow, and hearing her complaints about fatigue, I recognized all the signs of anemia. Many women her age suffer from borderline or outright anemia, which threatens their ability to rebuild the cells of their body tissues.

Anemia means literally that you are without blood. The cause for older women is too little red coloring matter, or oxygen-carrying hemoglobin, inside the blood cells. If you do not eat foods with sufficient protein and iron, not enough red cells can be produced to carry the oxygen load. Even worse, these cells may die while still young, or stay alive but fail to mature.

Sometimes the cells become misshapen or too large. Or they may disintegrate after reaching the bloodstream. Only by providing ample raw materials, through a high-protein diet, can you produce healthy blood cells.

The life of red cells is about 120 days. In order to remain healthy, each person should have 100 percent, or about 15 grams, of bright red hemoglobin in a half cup of blood (100 cc). There should be a blood count of five million red cells per cubic millimeter of blood. You are anemic if your hemoglobin is less than 80 percent and your red-cell count is fewer than four million.

So little oxygen reaches the tissues when you're anemic that energy cannot be produced normally. Hence the "aging" symptoms of constant tiredness, lack of endurance, pallor, shortness of breath, dizziness, headaches, and mental depression.

"You need to build your blood cells at a higher rate," I told Mrs. Charles.

"Just tell me how," she pleaded. "Anything that will get me out of this rut of feeling so old."

"When you have anemia," I said, "all nutrients are essential. You need a well-balanced diet, supplemented by a good

vitamin-mineral formula, high in iron, to produce red blood cells, hemoglobin, and the enzymes required for their synthesis.

"Liver of almost every variety—beef because it is the cheapest—should be added to your diet. So should cheap discards like kidneys, chicken gizzards, heart, lungs, sweetbreads, and tripe. You can make an inexpensive, healthful vegetable soup from bones that have lots of marrow. Add green leafy vegetables, like beet greens, to your diet. Eat more peaches, apricots, and prunes. Sprinkle wheat germ in your cereals, salads, and soups. Use it instead of bread crumbs for your casseroles or meat loaves.

"Peaches, apricots, and prunes are best when fresh, but during the months when they're not available fresh, you'll find them delicious when dried in their natural form. You can alternate them with sunflower seeds and nuts for satisfying snacks."

I gave Mrs. Charles these recipes, to hasten her on the road to building up her cells, her tissues, and her normal energy:

BROILED LIVER

Buy no more than 1/2 lb per two servings. Place on rack of table broiler in a cup of foil. Dot with butter and sprinkle with lemon. Broil quickly a few minutes, until done.

LIVER ITALIENNE

Marinate slices of calf's or beef liver (1/2 to 3/4 lb for two) in lemon. Let stand a few minutes to absorb lemon flavor. Lift and dip in wheat germ and corn meal dip. Put into skillet where you have warmed up 1 tbsp olive oil and clove of garlic, peeled, or slices of onion and garlic salt. Turn down heat as soon as liver is browned on both sides, as too high heat and too long cooking will toughen liver and rob it of its valuable nutrients. Serve with broccoli or Italian salad.

CHICKEN LIVER PÂTÉ

Simmer chicken livers or turkey livers on low heat until done. Mash or blend with chopped onion until mixture is smooth enough to spread. Add enough mayonnaise to blend and flavor. Wheat germ will also enhance consistency. Mushrooms cut up and added will enhance the flavor. Chill in cup mold and serve as appetizer with sesame seed crackers.

PICKUP MILK SHAKE

1 cup skim milk
4 ice cubes
1 teaspoon vanilla extract or any flavor extract
honey or carob to taste
frozen strawberries or fresh fruits in season

Place ingredients in blender or beat with beater until mixture froths. Add fruit. For a thicker shake, add more ice cubes.

ASPARAGUS OR BROCCOLI WITH CHEESE

Cook asparagus or broccoli spears in coffee pot or percolator, with very little water and low enough heat so they will steam cook. Melt cheese in shallow dish at top of percolator or pot, with lid covering while vegetables are steaming. Put vegetables on plate and cover with melted cheese. This makes a protein-rich and iron-rich luncheon entrée.

IRON COCKTAIL

Buy some unsulphured apricots. If apricots are not available, the next best in order are dried peaches, then raisins. Put a handful of fruit in the bottom of a drinking glass, cover with lukewarm water, stir, let stand overnight. Next morning, stir the mixture again, pour the water into anoth-

er glass, adding a tablespoon of unsulphured molasses. Prepare and drink this several times a week. The fruit, of course, may be eaten too. Remember, though, that this "tonic" is only a supplement, not a replacement for the iron-rich foods that build blood cells.

Once again, I urged the sixty-year-old Mrs. Charles to make sure she was receiving adequate amounts of supplemental vitamins and minerals as nutritional insurance. For we can never be certain that we're receiving, at *the very least,* our minimal requirements day after day. A complete formula that I personally find very satisfactory is Nutri-Time. It can be of great value in helping to plug those daily nutritional leaks.

3

Trade In Your Old Habits

"You can't teach an old dog new tricks." How often do you find yourself quoting that cliché?

Never having been a dog trainer, I can't comment on the literal accuracy of these words. But whenever I hear them applied to the human animal, I rebel. They probably represent the most inaccurate, downright *in*human maxim ever coined.

There is no doubt that the habits you learn during your younger years play an important role in the growth and aging processes. The longer you cling to a habit, the more it becomes ingrained—and the harder it is to shuck. But there is no bad habit that can't be broken—at any age. Nor are you ever too old to develop new, beneficial habits.

The most dangerous habits are those that tighten their hold on you until they seem to become necessities. I say they *seem* to become necessities, because, strictly speaking, there is no such thing as a "necessary" habit.

I'm still appalled at the number of heavy smokers I meet every day. They are people who know all the facts: that smoking is directly linked to lung cancer and is also involved in the aging process. They've read the reams of literature and statistics which prove that the organs of heavy smokers age more rapidly, thus shortening their lives.

Yet how many of these people protest that they must keep smoking, regardless of the risks! Some of them—

professionals, as a rule—complain that they simply "can't think" unless they're puffing on a cigarette. Others claim just the opposite: they need to smoke when they're trying to "relax."

Excessive drinking and overeating are two other habits that evoke the same excuses:

"Yes, I know that too much alcohol damages the liver, but I simply can't get started until I've had a few drinks."

"All right, so between-meal snacking has made me forty pounds overweight. But isn't that better than the nervousness and hunger pangs I get by *not* snacking?"

Excuses, excuses—I've heard them all, and so have you. As mature adults, you're way beyond the point where I can tell you something new about these obviously destructive habits. I can only remind you to stop kidding yourself.

The only way to break a bad habit is to quit. If, for a few weeks, you experience such withdrawal symptoms as pain and nervousness, force yourself to tolerate them. They are harmless, and will diminish along with your harmful craving.

As maturing adults, you are probably carrying one or more habits that began in your childhood. Most of them are meaningless, adding up to little more than so-called "nervous" traits—like whistling, doodling, fidgeting, and others of this ilk. But there are quite a few habits that you aren't even aware of—habits that take their toll slowly, insidiously.

For starters, stand in front of a full-length mirror and relax into your normal posture. What do you see? Sagging shoulders? A protruding stomach? A bowed head and caved-in chest?

Whether you realize it or not, these bad posture habits may already be making you feel years older than you really are. Certainly, they are making you *look* older—and most likely they are causing physical harm.

When your body is continually forced out of balance by poor posture, other organs become crowded so they are un-

able to function as they should without abnormal strain. Since your muscles are in a constant state of contraction, prolonged sitting, standing, and walking out of balance puts an excessive burden on them. The result is fatigue, tense nerves, muscular aches and pains.

From the point of view of aging, your slumped shoulders and concave chest could be causing all your vital organs to deteriorate. That's because you're crowding your lungs, reducing their oxygen intake. With less oxygen passing from the lungs into the bloodstream, less of it reaches the rest of the body, including the brain.

If you're suffering from such "old age" symptoms as memory lapses or decreased concentration span, there's a good chance you can cure these traits by paying more attention to your gait and carriage. After some thirty or forty years, breaking the bad posture habit may not be the easiest job in the world, but you'll wind up looking and feeling a lot younger.

Of course, in the breaking of any habit, there's no substitute for old-fashioned willpower. But nature provides a number of food elements to help you along as you improve your physical bearing. A high-protein diet strengthens your body and builds strong muscles that won't sag under the load. Magnesium and calcium strengthen the bones, while two of the B vitamins—niacin and biotin—provide long-range mental stamina.

Another bad habit that grows with the years is worry. I'm not talking about proper, rational concern for problems that really exist; I'm referring to the *habit* of worrying—often about nothing.

Recently, the University of Wisconsin did a study of people who worry, and came up with these findings:

—about 40 percent of people's worries are over things that never happen;

—more than 30 percent of worries and frustrations are over things that happened in the past and cannot be changed;

—small, petty, needless fears occupy about 22 percent of the worrying time;

—only 8 percent of worriers' worries are devoted to true crises that require care and attention.

The next time you can't sleep at night because you're worried about something, ask yourself how much your worrying and sleeplessness will solve. Ask the same questions if "worries" prevent you from relaxing and enjoying a good book or movie.

The worry habit invariably makes you prone to insomnia, which leads to still another deadly dependency: sleeping pills. If you're already hooked on some barbiturate or tranquilizer, you're a member of a big club. Americans consume some two million sleeping pills a day, and the number is growing. That's because pill-popping, like any drug habit, can lead to an addiction. In order to induce sleep, more and more pills are required by the body and, before long, the pill taker discovers that he needs the drug even to function during waking hours.

Before you succumb to the urge to request a sleeping-pill prescription, ask yourself some key questions.

Are you *really* not sleeping well? There is no set amount of sleep required by every individual. Some people need eight or ten hours of sleep—others function perfectly well with three or four hours a night.

Do you mistake tossing and turning for insomnia? Even the deepest sleepers change positions about once every ten minutes. The body does this automatically, in order to shift the load from one set of muscles to another.

Must you get all your sleep in one nightly stretch? Many people have discovered that three to four hours of sleep, several times a day, is far more restful than a prolonged session in bed. If you are a retiree, or you do the type of work that permits such a schedule, it might be worth a try.

Finally, are you eating a proper sleep-inducing diet? Excessive salt has been found to cause insomnia in many people. Too many sweets and starches overenergize the

body and prevent relaxation. Foods that cause constipation or indigestion are notorious sleep-robbers.

The safest, most beneficial "tranquilizers" of all are foods rich in calcium and lactic acid. It is these two substances that act on the sleep center of the brain, harmlessly, to induce drowsiness. Vitamin C is necessary to keep up the tone of the blood vessels that transport those two vital nutrients to the brain, while vitamin B-complex maintains the strong, healthy nervous system so crucial to sleep.

Buttermilk is an excellent source of both these vital nutrients. If you're seeking to economize, powdered skim milk is a rich, inexpensive source of calcium, while lactic acid comes in sauerkraut, yogurt, and other fermented foods.

Lactic acid in foods can also help to overcome another habit that exists in epidemic proportions: the laxative habit. And make no mistake about it—laxatives, when taken in large quantities, day after day, can turn into a true habit. Even the so-called "mild" products stimulate and lubricate the intestinal walls artificially, causing the nerves and muscles in those areas to lose their tone and, eventually, to cease functioning. The same nonfunction can result from excessive use of enemas.

In our modern society, constipation seems to go hand in hand with maturation. As people cross the border into middle age, their complaints about "irregularity" increase enormously. Usually, these are the same people who complain about poor appetite, heartburn, gaseousness, and other symptoms of indigestion.

"So all right," you may say, "laxatives are habit forming. But isn't that better than to go around constipated?"

Perhaps . . . if there's no other solution. But the fact remains that all laxatives irritate the intestinal walls. Mineral oils have the added disadvantage of coating the intestines, thereby inhibiting absorption of certain vitamins.

If you're not suffering from some specific illness, the chances are that you can eliminate your constipation with-

out so much as a penny's increase in your food budget. At the same time, you can save the money that it costs to support your laxative habit.

Start by inspecting your "worry habit." Do you always seem to be in a state of agitation, stress, chronic fatigue? These are surefire causes of constipation, especially among persons who live and eat alone. Seek the company of others at mealtime—people who can relax you and take your mind off your problems, at least while eating.

Then, of course, there's the food you eat. Lactic acid fills the bowel with healthful bacteria that eliminate poisons which cause the stools to harden. Foods containing vitamin B-complex produce digestive acids, while skim milk provides whole nourishment without the fatty substances that constipate the lower intestinal tract. Cut down on sugar, bread, and other high carbohydrate foods, which leave no residue for excretion.

You may be happily surprised to discover the cheapest cure of all for constipation: water. As we grow older, bodily dehydration takes place at a higher rate, and lack of water frequently results in constipation. If you drink at least six glasses of water between meals, you may find that you'll never need to take another laxative.

Exercise is another remedy that costs nothing. People rarely stop to consider that hip-bending, trunk-twisting, even controlled leg stretching impart their stimulation to internal nerves and muscles. This, in turn, may activate a sluggish bowel to expel its wastes.

If, however, your constipation persists, and you feel that you must stimulate a bowel movement, don't go rushing to the pharmacy. Your health food store offers a variety of laxative foods that are healthful, non-habit-forming, and far less costly than drugs.

Blackstrap molasses is one such bowel stimulant, rich in B vitamins, iron, calcium, and other minerals. Honey is another good natural laxative, though milder than mo-

lasses. Corn oil—about two to three tablespoons daily—can be as effective as mineral oil, without any of mineral oil's harmful effects.

Just as it's important to break old, bad habits, the forming of new and good ones is vital. A healthful, fruitful maturity depends upon the systemization of your body, which, in turn, is the product of the nutrition you give it. Good nutrition and good health are indispensably linked: when you have good nutrition, it logically follows that you should have good health—unless you are suffering from some killing disease. Therefore, the most efficient route to vitality and strength is through what you eat. Your feeding habits determine how well you perform during the day and how well you sleep at night.

Women generally find that their kitchen routines undergo big changes during middle age. And that's only natural. By the time we approach fifty-five or sixty, our children are off on their own, so there are fewer mouths to feed. Our bodies, being less active, demand less quantity. Husbands start thinking about retirement—and with it, the sudden slash in income. So their wives instinctively search for ways to economize with time and money.

But economy is a double-edged sword, and unless it's properly applied, it can wind up costing you more in the long run. Take, for example, the masses of inexpensive "convenience" foods that glut the supermarkets. In order to protect them from becoming moldy or tainted, they are processed with chemicals that not only rob them of nutritive value but also threaten health. Some of the chemicals are still under investigation as possible causes of cancer and other diseases.

Instead of drifting to packaged "speed" foods, try changing some of your cooking habits. Broiling your steaks, chops, liver, and ground meats is far faster than roasting or stewing, and less taxing on the digestion than frying.

True, fresh meats cost more per pound than the "conve-

nience" foods. But because they're more nutritious, unprocessed meats can be eaten in smaller quantities and stretched into more than one meal.

This enables you also to save time and toil, by getting into the habit of preparing two or more meals simultaneously. Many wives who returned to work have learned the technique. It serves equally well when they're ready to stop working and "take things easy."

Prepare enough casseroles or meat loaf for two meals, wrap and freeze what is not to be used immediately, then reheat and serve a few days later. A whole week's worth of light meals can be made at one time, then frozen. Sandwiches will thaw out in a few hours and taste just as fresh as if you prepared them that very morning.

You can gain more vitamins, and save time too, by serving some foods raw rather than cooked. No doubt you're used to raw lettuce, green peppers, tomatoes, and carrots in your salads, but have you ever eaten uncooked cauliflower? Have you ever given your side dishes a touch of green and a nutty flavor by cutting raw asparagus tips into them? Unheated turnip is good shredded alone, or it can be added to fresh cabbage salad.

Another simple, inexpensive source of vitamins is cooking water. Get yourself a pan with a heavy bottom, and cook your vegetables in one-half to three-quarters of an inch of water, covered. If you then save the vegetable water, you can chill it into a cocktail as rich in vitamins and minerals as any canned vegetable juice on the grocery shelf.

While a number of differing medical opinions exist on the subject, I've found it wise to cultivate the habit of resting after meals. A nap in the middle of the day can give you a second start. It protects you from overtiredness and lowered resistance to colds and viruses. It also keeps you in a happier, more patient, and hopeful frame of mind.

And, when all is said and done, it is your frame of mind that will ultimately determine the success of your later years. In our youth-oriented culture, too many of us are ha-

bituated into thinking and acting as if physical and mental decline are imminent during middle age. Nothing could be further from the truth.

"The notion that adults, by virtue of arriving at a certain age, such as sixty-five, all fall off the edge and become senile and incompetent is both ludicrous and frightening." These are the words of Dr. Carl Eisendorfer, chairman of the Department of Psychiatry and Behavioral Sciences at the University of Washington School of Medicine. Addressing a conference on aging, Dr. Eisendorfer also stated, "The chances are nineteen to one that when you are old, you will be mentally alert, involved, active."

For years it's been taken for granted that we reach our peak of intelligence in our mid-twenties, and from then on it's all downhill. Yet, in a recent study at Duke University, a sample of people between sixty and sixty-nine were observed over a ten-year period. During that time, nearly all of them maintained their intelligence levels. The only ones who didn't were persons with unusually high blood pressure.

"Being old and being sick are two quite different things," says Dr. Eisendorfer. While you may not be as physically sharp and vigorous, now, as you were in your youth, the senility you fear begins only when you close your mind to new knowledge and your heart to new emotional experiences. It is most important to keep the "habit of growing," to always move forward, in intellectual and emotional vigor.

4

Don't Let Nutritional Shortages Age You

Your daily diet can do more than anything to keep you looking and feeling younger and living longer. Or to make you age faster—perhaps die early.

"Diet is one of the most important factors in determining how long an individual lives," said Dr. Henry W. Sebrell, Jr., one of the world's leading authorities on food and its relation to a long, youthful life. "Even though you never suffer acute malnutrition," Dr. Sebrell continued, "years and years of improper eating—of dietary indiscretions—will add up to various kinds of damage to your body that will inevitably shorten your life."

The worst dietary indiscretions are eating too much of the wrong foods and not eating enough of the right ones. Most people eat too many foods high in calories, carbohydrates, and fats and shun foods rich in protein, vitamins, minerals, and enzymes. Overweight is one result, semistarvation and deficiency diseases are another, often showing up at the same time!

It's a common mistake to assume a fat person is well fed. *Overfed,* yes. But he is almost certain to have serious problems of malnutrition. A diet high in fats and starches, but low in the essential nutrients starves cells, impoverishes the bloodstream, weakens bones and muscles, raises blood pressure, clogs arteries, endangers the heart, and shortens the life-span. Along with these harmful effects, it builds fat.

This is not to imply that most undernourished persons are overweight—just that heavy starch eaters usually are!

The three major deficiencies from which victims of malnutrition suffer are these:

1. Protein deficiency
2. Vitamin B-complex deficiency
3. Mineral deficiency

The way to avoid these three health wreckers that rob you of youth and vitality is to make a lifetime habit of eating a variety of natural foods high in protein, vitamins, and minerals.

You can begin *now—this very day*—to undo the damage already done. It won't be as easy as prevention, and it will take time. *From now on let every meal you eat help in defeating deficiencies and preventing loss of your health and vitality.*

Let's review the deficiencies one at a time and see what can be done to overcome them.

PROTEIN DEFICIENCY

Whether you're young or old, you need protein every day of your life. If your meals provide more than enough for your immediate needs, your liver takes amino acids from your bloodstream and stores them until the cells need a new supply. You *age faster on the days that you don't eat enough protein to meet your body's needs.*

You need enough each day to meet the body's needs, for maintenance, repair, renewal, and to build a reserve supply of body protein (amino acids) in the tissues. But, even with adequate absorption and no deficiencies, your need for protein may be much greater than the average. Increased tensions and pressures create a need for more protein, as do sudden stresses, shock, illness, accidents, and injuries.

A few years ago the Food and Nutrition Board of the National Research Council recommended 60 grams of protein a day for women (85 to 100 grams during pregnancy and lac-

tation), and 70 grams for men. But in a world of ever-mounting tensions and in the light of newer nutritional knowledge, the majority of researchers today advise 100 to 150 grams daily for all adults, with *at least* half of this protein derived from animal sources whenever possible.

If You're a Vegetarian

Anemia is one of the problems that plague many vegetarians. Incomplete vegetable proteins *by themselves* will neither prevent nor remedy this condition. By not eating meat, especially liver, which contains iron and other blood-building factors, the vegetarian may eventually be forced to take these vital food substances in the form of injections or desiccated liver supplements.

The results of recent research in Los Angeles proved that vegetarians would be much better off if they *did* cheat a little and ate some meat. Examining the eating habits of persons between the ages of forty-five to eighty-five verified the fact that among those who ate meat there was little evidence of anemia and among non-meat-eaters anemia was widely prevalent.

Persons in the over-forty age group who ate meat 1½ times a day or more (including liver once or twice a week) *had higher health scores on all counts than those who ate little or no meat.* They had more ability to resist fatigue, better reflexes, less nervousness, better condition of the eyes, of the soft tissues, and of the blood. They also experienced fewer symptoms of aging deficiencies than the non-meat-eaters.

An appalling number of people subsist on meals consisting mainly of protein-poor, high-starch foods. The small amount of protein they do get is not enough to protect them against illness and premature aging. Those who eat nuts, fruits, and vegetables get a little more protein, but still not enough!

The stored supply of protein can be drawn on as long as it

lasts. But when it's used up without being replenished—or if you didn't have any stored—the less important body cells are consumed to free animo acids that are necessary to repair or replace those with more vital functions. Skin cells are among the less vital ones that soon show effects of protein deficiency. As hormone secretions diminish, the skin loses its moisture. Membranes dry and shrivel. Muscles grow slack. Sagging begins and wrinkles form prematurely.

If your doctor tells you that you're "out of nitrogen balance," that means you haven't been eating enough of the foods that provide essential amino acids. This can bring about serious deficiencies that will make you age faster than you should. It isn't necessary for you to know the hard-to-remember names of the amino acids. The important thing is to remember the foods that contain them and to make a habit of eating them.

HIGHEST-QUALITY ANIMAL PROTEINS

Meat and Poultry	Amount	Approx. Grams Protein
Beef, lean (rib, rump, pot roast)	1 serving	22
Chicken	1 serving	23
Heart, beef	1 serving	19
Kidney, beef, or lamb	1 serving	19
Lamb roast	1 serving	23
Lamb chops	2 average	20
Liver, calf, beef, or lamb	1 serving	23
Liver, chicken	1 serving	26
Steak	1 serving	21
Turkey	1 serving	22
Veal, roast leg	1 serving	20
Veal chops or cutlets	1 serving	18

Fish and Seafood	Amount	Approx. Grams Protein
Codfish	1 serving	16
Crabmeat	⅔ cup	16
Haddock	1 serving	18
Halibut	1 serving	19
Lobster	1 serving	19
Salmon, canned	½ cup	22
Sardines	6 average	13
Scallops	4–5 average	16
Shad	1 serving	19
Shad roe	1 serving	12
Tuna, canned	⅓ cup	12
Whitefish	1 serving	22

Dairy Products	Amount	Approx. Grams Protein
Buttermilk	1 quart	30
Cheese, Cheddar	2 x 1 x 1	12
Cheese, cottage	½ cup	20
Cheese, Italian, grated	2 tbsp.	12
Cheese, Swiss (Emmentaler)	2 x 1 x 1	12
Eggs	1 medium	6
Milk, powdered skim	½ cup, level	20
Milk, whole or skim	1 quart	34
Yogurt	1 quart	34

BEST VEGETABLE PROTEINS

Group I
(complete and highly concentrated)

Food	Amount	Approx. Protein Grams
Brewer's yeast	½ cup	40
Millet meal	1 cup	34
Sesame seed meal	1 cup	27
Soybean flour	1 cup	40
Soybeans, dried	1 cup	20
Soybeans, fresh	1 cup	16
Sunflower seed meal	1 cup	40
Wheat germ	½ cup	24

Group II
(incomplete, but good quality and quantity)

Food	Amount	Approx. Protein Grams
Barley, whole	1 cup	16
Cornmeal, unbolted	1 cup	12
Kidney beans	½ cup	6
Lentils	½ cup	9
Lima beans, dried	½ cup	8
Lima beans, green	½ cup	7
Peanut butter	4 tbsp	18
Peanut flour	1 cup	59
Peas, dried	½ cup	12
Peas, fresh	½ cup	7
Parsley	½ cup	6
Whole wheat flour	1 cup	12

And remember that the need for protein increases rather than decreases with the years.

Most of the complete protein foods also contain an abundance of B vitamins. If you're protein-starved, you may well be the victim of some of the physical, mental, and emotional ills brought on by a vitamin B-complex shortage. And that leads us into the second major deficiency.

B-COMPLEX DEFICIENCY

The following list of symptoms and diseases all have one thing in common: They can be caused by a deficiency ranging from mild to acute of one or more of the B vitamins:

Chronic exhaustion
Craving for sweets and/or alcohol
Loss of appetite and weight
Digestive disturbances
Extreme nervousness
Insomnia
Dermatitis and other skin diseases
Degeneration of nerve cells
Loss of courage and ambition
Mental confusion and severe depression
Hostility, suspicion and other paranoid symptoms.

And these are only a few of the conditions that can result from this second major deficiency. Of course, serious conditions should be treated professionally. To avoid deficiencies and to correct those not requiring therapeutic measures, let B-rich foods be your medicine. Add B-complex supplements when necessary.

All of the complete animal protein foods listed above are good sources of B vitamins: meat, poultry, fish, powdered skim milk, and buttermilk. Yogurt is especially desirable, because it manufactures B vitamins in your own intestinal tract.

Leafy greens, eaten raw or very lightly cooked, contain

moderate amounts, and avocado is an excellent source of thiamine (B_1), a good source of niacin, and a fair source of riboflavin (B_2), (all members of the B-complex family). Liver and brewer's yeast are probably the two richest sources of B-complex vitamins. Wheat germ is the third-best source. Of special interest to women is that B-complex vitamins are beneficial to the skin, helping to keep it smooth, unblemished, youthful.

MINERAL DEFICIENCY

A staggering 99 percent of our population suffers to some extent from mineral deficiency. If you are one of them, the chances are you're also suffering in varying degrees from all three deficiencies.

Minerals have become the Cinderella of the food element family. This is unfortunate indeed, since minerals—just as vitamins and proteins—are vitally essential regulators and builders of the billions of living cell units which make up the human body.

When your group of cells becomes ill-fed and only half-alive, you may say that you feel "sluggish." Actually, your body is mineral starved.

Government researchers reported that "a marked deficiency in any one of the more important minerals results in disease and affects aging."

The document continues, repeating the dangers I've warned of for years: *Any upset of the balance, any considerable lack of one or another element, however microscopic the body requirement may be, and we sicken, suffer, shorten our lives.*

The average middle-aged adult is generally more deficient in calcium than in any other single mineral. This is a serious deficiency since every muscle in your body—including your heart muscle—needs calcium for strength and muscle tone. Muscle tissues irritated by calcium short-

age are a major cause of foot and leg cramps. And without calcium to aid blood clotting, an injured person can bleed to death.

To keep bones and teeth strong as you grow older, an abundance of both vitamin D and calcium are necessary. When bones are poorly calcified, they degenerate and crumble or break easily.

Calcium aids the transmittal of nerve impulses. A deficiency may first show up in tense nerves, irritability, temper flare-ups, fatigue, inability to relax, and insomnia. When adequate calcium is supplied and reaches the nerves, these symptoms are soon relieved.

One problem in the body's utilization of calcium is that there are many factors that inhibit its absorption. One of them is the decrease of hydrochloric acid in the stomach as we grow older. Without hydrochloric acid, calcium remains insoluble and can't be assimilated. Yogurt and buttermilk are far superior to other calcium-rich milk products because of their lactic acid content that pinch-hits for hydrochloric acid and makes the calcium usable.

A high-protein diet aids calcium retention. So do vitamin D and the unsaturated fatty acids (preferably sunflower or safflower oils). Conversely, solid, saturated fats, white sugar, cocoa, and chocolate inhibit calcium absorption.

BEST FOOD SOURCES OF CALCIUM

Almonds
Apricots, dried
Avocado
Bananas
Bean sprouts
Blackstrap molasses
Brewer's yeast
Buttermilk
Cheese, all unprocessed
Dates
Figs, fresh and dried
Leafy green vegetables, all kinds
Powdered skim milk
Soy flour
Soybeans, dried
Wheat germ
Whole wheat
Yogurt

A healthy bloodstream is *your* lifestream. It carries oxygen and sustenance to your cells and renewed vitality to all parts of your body. It gives your skin its glow and your lips and cheeks their youthful color.

But it can do all of these things only if the red blood cells contain their full quota of hemoglobin. Without the red blood cells, they become as pale and washed-out as the anemic person suffering from low hemoglobin and what television commercials call "tired blood."

Where I disagree with them is in the remedy. Red blood cells themselves are made of protein, and hemoglobin consists largely of protein and iron. Certain of the B vitamins also contribute to their health. When red blood cells are starved of protein, B vitamins and the minerals iron, copper, and iodine, the inevitable result is "tired blood," iron-deficiency anemia—or worse.

BEST FOOD SOURCES OF IRON

Apricots
Barley, whole
Beef heart
Beef tongue
Beet greens
Dates
Egg yolks
Kidneys, beef or lamb
Kidney and lima beans
Liver, all kinds
Molasses, blackstrap
Mustard greens
Parsley
Peanut flour
Peanuts
Soybean sprouts
Soybeans, dried
Soybean flour
Sunflower seeds
Swiss chard
Wheat germ
Whole wheat flour

All meats contain considerable amounts of iron, but I omitted muscle meats in favor of organ meats on this list, because a larger percentage of their iron content is assimilated.

To prevent iron-poor blood, depend on these foods and enough physical activity to stimulate circulation. And be

'sure you're not deficient in hydrochloric acid, which dissolves the iron and aids its assimilation by the body.

While many minerals are liberally supplied in a variety of everyday foods, iodine is not. Yet if you're deficient in this one mineral, it can affect not only your hemoglobin sufficiency, but your energy, nerves, weight, skin, hair, and entire appearance. It takes only a slight trace of iodine to make the difference between quick perception and sluggish apathy, between the mental giant and the plodding dullard.

You won't risk a deficiency of iodine if you include plenty of ocean fish in your diet. Also recognized as an important iodine food are cranberries grown in soil near the sea.

But the highest concentration of iodine (and almost all the other minerals) is found in the dried-sea-vegetation products available in health food stores: dulse, kelp, sea lettuce, and Irish moss. Try the dehydrated flakes in soups, stews, and as seasoning. (Kelp is available in tablet form, too.)

In addition to calcium, iron, and iodine, the body requires many other minerals even though only in *microscopic* quantities. But without these trace minerals, we sicken, suffer, shorten our lives.

Dr. W. C. Rose, professor of nutrition at the University of Illinois, says, "The chemical elements which make up the body sustenance must be nicely balanced or trouble ensues. The efficiency of each element is enhanced by proper amounts of the others."

Our health can be no better than our mineral balance. Pay more attention to minerals in your diet; otherwise you may suffer needlessly from mental upsets and physical ailments that starve body cells and prematurely age you.

The prudent person will, in addition to carefully planned meals, also use a reliable vitamin-mineral food supplement each day as "dietary insurance."

5

Beware of "Killer Foods"

Are you a sugar addict or sugar drunkard?

Sugar and starch addiction can fasten itself upon men, women, or children. Such persons find comfort and a temporary escape in sweets and high-starch foods that turn to sugar when digested. In a way this is comparable to the alcoholic who turns to liquor rather than face his problems. Like the alcoholic who hides his bottle and drinks in secret, many confirmed sugar addicts hide their chocolates, cookies, and other sweets. Here's how Dr. Edward Weiss, writing in the *Journal of Clinical Nutrition,* describes compulsive sugar and starch eaters: ". . . The eating is like an obsession—indeed, very much like addiction to alcohol."

Alcoholics Anonymous bases its treatment of alcoholism on the knowledge there is no tapering off. The patient must be prevented from taking that one drink that will topple him off the wagon. The same is true of sugar addicts. One taste of anything sweet is their downfall. They are absolutely incapable of eating just one piece of candy, one cookie, or one small slice of cake or pie.

Other compulsive eaters are food neurotics who have regressed to a childhood pattern. They associate candy, ice cream, pudding, other sweets and soft, starchy foods with the "reward" foods their mothers gave them when they were good. They grow up and find that the world doesn't reward and appreciate them as their parents did. So they "re-

ward" themselves—by continually gorging on the foods that once made them happy. The approach to their problem is a little different.

Donna, a food neurotic who once consulted me, was suffering from an insatiable hunger for the high-carbohydrate foods that were responsible for her low blood sugar. And her low blood sugar was responsible for her loss of energy and ambition, severe mental and emotional disturbances, and the wreck of her looks and once charming, dynamic personality. Her husband had left her, and her physical and emotional strength was ebbing.

I began to see the extent to which she had come to depend on sweet foods and drinks when I opened her refrigerator. Rows of sweetened, carbonated drinks lined the shelves. A huge pizza stood in the center, surrounded by half a chocolate cake, three chocolate eclairs, the remains of a butterscotch pie, and a box of chocolates.

The freezer compartment contained large cartons of ice cream and frozen chocolate-coated pies. I shuddered at the horrifying thought that a human being was killing herself by existing on foods loaded with sugar, starch, and fats, absolutely deficient in protein, vitamins and minerals.

She whimpered: "I have to eat so often—and so much. I can't help it. I get weak, confused, and dizzy and feel absolutely starved if I don't."

"Of course, you do," I said. "You are absolutely starved. You're inviting physical and mental degeneration—and death!—by depriving yourself of essential nutrients. The junk you've been eating is incapable of sustaining life. Sugar gives you a momentary lift by raising your blood level—then almost immediately plunges it down to rock bottom again, making you feel worse than ever. You create a vicious cycle by eating more and more sugar, which increases the erratic rise and fall of blood sugar, and starves your brain of glucose and your body of its nerve-stabilizing B vitamins and other nutrients. It increases your craving for

sweets and leads to a whole series of deficiencies that affect your body, mind, and nervous system."

She admitted to having been upset most of the time since she and her husband started having trouble.

I explained to her the relationship between psychological state and the sugar levels of the body: "Emotional upsets overstimulate the sensitive pancreas, causing it to produce too much insulin. The function of insulin is to neutralize excess sugar. This causes a sharp drop in the blood sugar level. Too much insulin, and the resulting low blood sugar, are responsible for many hard-to-diagnose ills. Among its many symptoms are those you have—confusion, dizziness, irritability, exhaustion, an inordinate craving for sweets—and worse."

In an address to an American Medical Association meeting in New York, Dr. Stephen P. Gyland, Sr., said this about the functional type of low blood sugar, or hyperinsulinism, known as hypoglycemia: "There is probably no illness today which . . . causes such widespread suffering as that of hypoglycemia. So much inefficiency and loss of time. So many accidents. So many family breakups. And so many suicides."

Dr. Gyland might have gone on to point out that in most cases controlling low blood sugar is relatively simple. Such control would often go a long way in preventing diabetes and schizophrenia, reducing alcoholism, juvenile delinquency, mental illness, chronic fatigue, asthma, allergies, and so many other tragic and common social problems.

In the majority of cases, sugar and other high carbohydrates which the digestive process turns into sugar, are responsible for low blood sugar. Low blood sugar can also be caused by drugs and stimulants, including alcohol. Stresses such as anxiety, worry, fear, and grief trigger the condition by depleting the adrenal cortical reserves. This overstimulates the pancreas so it produces excessive amounts of insulin, which burn up the blood sugar.

Because of their dangerously high sugar and starch diets, millions are suffering from low blood sugar—or its direct opposite, diabetes.

Let's break it down into three conditions of the pancreas:

The islands of Langerhans in the pancreas secrete insulin, which neutralizes sugar and keeps an excess of it from suddenly pouring into the circulation.

The normal pancreas secretes the exact amount of insulin needed to keep the blood sugar level under control. (But don't overload it with sugar, starch, and fats, or it won't stay normal!)

Next is the pancreas that produces too little insulin to neutralize the sugar, causing a drastic rise in blood sugar that results in diabetes, which can be a killer. To stay alive, the diabetic must remain on a controlled diet that eliminates sugar. He may, in addition, require injections of insulin.

The pancreas that secretes too much insulin has just the opposite effect. The excess of insulin neutralizes too much sugar, which consequently results in low blood sugar, often called the sugar disease, but known medically as hyperinsulinism, or hypoglycemia.

If you suffer from low blood sugar, you may feel as Donna did. Everything, it seems, is wrong with you. If you're nervous and high-strung to begin with, you grow worse as your own tensions consume your blood sugar. Tension mounts as you fight the severe headaches, the rigid, muscle-bound neck and shoulders, the stiff and aching joints, the stomach pains, the attacks of heart palpitation, the dizziness, and the inability to concentrate or make a decision. Depression and anxieties engulf you. Disposition drops from good to bad to terrible.

How else could you feel since your brain cells are the first to starve? The brain can't store sugar for future use, as other organs can. For its sustenance it must have glucose from moment to moment. It's absolutely impossible to think

clearly, work efficiently, and live normally when your blood sugar level is too low to supply the needs of your brain, nerve, and muscle cells.

But remember: Eating sugar is not the remedy. Protein foods are the only ones that can keep your blood sugar at a normal level and prevent the erratic rises and downward plunges that carbohydrates cause it to take. Sugar in any form is forbidden the patient on a diet for low blood sugar—even the natural sugars found in fruits, dates, figs, bananas, plums and grapes.

How can you be sure you have low blood sugar?

A doctor can confirm it by giving you the six-hour Glucose Tolerance Test. After that, he'll put you on the accepted treatment for it: a high-protein, sugar-restricted diet, with frequent protein snacks during the day and before going to bed.

Donna's story had a happy ending. It wasn't easy for her to give up the sugar and starch foods she had grown to depend on. But now she had something sustaining her: the hope of regaining her mental and physical health, her looks—and her husband.

Donna's diet consisted of her choice of one or more of the complete protein foods for breakfast, lunch, and dinner, and protein snacks of skim milk, buttermilk, yogurt, nuts, or sunflower seeds every two to three hours after meals. She was allowed her choice of fresh vegetables (except potatoes), lightly cooked or raw in salads, and all fruits except those high in carbohydrates, listed under foods that must be avoided.

She could drink any of the following: Weak tea (made with a tea bag, not brewed), herb teas, caffeine-free coffee or coffee substitute (no sugar!), nonfat milk or juice except prune juice and grape juice.

For dessert she could have: Fresh or unsweetened frozen or canned fruit (except those on the taboo list), cheese, unsweetened gelatin, junket (made with tablets, not the mix),

and plain yogurt with choice of allowed fruit, frozen yogurt, and fruit sherbet, or frozen ices made of unsweetened fruit juice.

These were to be absolutely avoided:

- All sweets containing sugar—candy, pie, pastries, cake, sweet rolls, custards, ice cream, and sherbet (except for the unsweetened ices, yogurt, and fruit sherbet listed above).
- All drinks containing caffeine: coffee, strong brewed tea, cola drinks, and all beverages sweetened with sugar. (If it's a hardship for you to give up coffee for breakfast, limit it to no more than eight ounces—about a cup and a half—and keep it free of all sediment and the caffeine content to a minimum by using the drip method of making it instead of perking or boiling.)
- Potatoes, rice, figs, and grapes, as well as macaroni, spaghetti, and noodles.
- Wines, cordials, cocktails, and beer. If you must have an occasional drink, make it a distilled liquor and mix it with club soda or water. (But, remember, in this instance we're dealing with a condition that prohibits sugar. In normal circumstances, my only endorsement of an alcoholic drink is a dry wine before meals as a digestive aid.)

To correct Donna's vitamin B deficiency and repair the damage to her nerves more rapidly, I recommended a cocktail made of three teaspoons of brewer's yeast, one teaspoon of desiccated liver powder, and one tablespoon of lecithin granules, mixed in a glass of tomato juice and taken as a between-meal snack two or three times a day.

On this diet and with the addition of a good vitamin and mineral supplement rich in B-complex, the tensions that overstimulated Donna's pancreas eased up, her nutritional deficiencies were corrected, and she lost her craving for sweets.

Another health problem, often a painful and serious threat to life itself, is also directly related to the pancreas. The victims of acute pancreatitis are admitted to hospitals in alarming numbers during the holiday season, when the

pancreas is most likely to suffer an overload of sweets, starches, fats, and alcohol, with the added burden of fatigue and nervous tensions that increase at this time. The overstimulated pancreas suddenly reacts—perhaps after an exceptionally heavy meal—and the racking pain of acute pancreatitis strikes. The victim is usually rushed to the hospital, where immediate and intensive care may save his life—or it may not.

Here's what you can do in the majority of cases to prevent the onset of pancreatitis—or if it's too late for prevention, to keep it under control:

1. Eliminate products containing refined sugar, white flour, and saturated fats from your diet. Vegetable oils and a little butter (a neutral fat) are permissible in chronic cases that are under control, but absolutely no fats of any kind are allowed in acute cases, and no fried foods, gravies, or sauces in either case.

2. In severe cases, avoid all concentrated sweets, even such natural, healthful sweeteners as honey or dark molasses, which are recommended for the normal diet. In the preventive diet, a *minimum* of natural sweeteners may be used occasionally, but not to excess. Chocolate, which contains both sugar and fats, should never be eaten.

3. Remember, protein is the food that keeps your pancreas healthy. Include one or more of the low-fat animal or high-grade vegetable proteins at every meal.

4. Let fresh fruits and vegetables and a very *moderate* amount of whole grain bread or cereal provide you with the *natural* carbohydrates you need. Avoid all refined, high-carbohydrate products.

5. Don't burden your pancreas and other organs by gorging at mealtime. The midmorning and midafternoon snacks suggested for low blood sugar will prevent the hunger that causes you to overeat.

Diseases of the pancreas are widely prevalent, yet they often go unrecognized and untreated. Medical science is very sophisticated in its knowledge about the pancreas and

holds out impressive means of controlling—and curing—pancreatic disorders.

Many diabetics improve dramatically, without insulin or oral medication, on the low blood sugar diet for hypoglycemics. And recent nutritional research suggests that many cases of heart disease can also be avoided by following the same sugar-restricted diet.

A diet high in sugar and starch has recently been blamed for still another painful disease: diverticulitis, the formation and inflammation of tiny pouches upon a weakened intestinal wall.

This painful condition of the colon (often requiring surgery as a last resort) eventually "just happens" to at least 20 percent of everyone over forty! Drs. Cleave and Campbell discovered two simple but significant facts you can use for your own protection:

1. The victims of diverticulitis were always among those eating excessive amounts of white flour and sugar products. The majority of them were overweight.

2. *Persons of normal weight who ate a diet that omitted refined carbohydrates simply did not get diverticulitis.*

Drs. Cleave and Campbell found the disease nonexistent in countries where "civilized" and devitalized carbohydrates were unknown. They advise for success in "the prevention and arrest of the disease, *a very considerable restoration of the carbohydrates to their natural unrefined state.*" But until that happens on a national scale, protect your own health by eating only the unrefined, natural sugar and starch foods that have already been recommended.

The diseases that are either caused or made worse by refined carbohydrates and saturated fats are numerous, but a sound sensible diet of more proteins and fewer sugars and carbohydrates can help you avoid the health hazards of sugar addiction.

6

Your Heart: Friend or Foe?

At 950,000 deaths a year, coronary disease is still our number-one killer. More than 1,500,000 heart attacks occur annually—and while the heart is no respecter of years, attack frequency begins to rise rapidly at age forty-four, and peaks between fifty-five and fifty-nine. It is estimated that American males have a 20 percent chance of major coronary complications before reaching age sixty. The rate among women is lower in their youth, but after menopause they close the gap rapidly.

There are a number of reasons for these terrifying statistics. While the heart is a mighty muscle—beating over 100,000 times a day to pump about 4,000 gallons of blood—it is subjected to many stresses. Given the proper "preventive maintenance," the heart remains more efficient than any machine devised by man. Abuse this marvelous mechanism and you run the risk of a breakdown.

Your heart is a good friend—it usually lets you know if you're placing too much strain on it. When you're out of breath after a long run, your heart is telling you to slow down. If you're performing heavy labor and your temples start throbbing, the heart is drumming out a message to rest or take it easy. By paying attention to such warning symptoms, you keep your heart strong and healthy.

But unlike most of the other bodily organs, the heart can "go" on you swiftly, without warning. It can be healthy for

decades and turn ill when you least expect it. That's because most cardiac trouble doesn't begin in the heart itself. A heart attack is usually the final link in a chain of events that originated elsewhere in the body.

Certain conditions make you a high-risk candidate for an attack, no matter how well you treat yourself. Diabetics fall into this category. So do people suffering from hypercholesterolemia, the tendency of the body to produce excess cholesterol. Heredity is another factor: if your family has a long history of heart disorders, you may have inherited that weakness. Heredity also plays a role in hypertension, or high blood pressure, a major cause of heart disease.

If you fall into any of these risk areas, does that mean you're doomed? Far from it. If you're free from all these conditions, does that mean you may abuse your heart with impunity? Certainly not! No matter what the state of your health, the rules for heart care are the same for everyone.

Unfortunately, it's not always possible to tell just how "healthy" you are, as far as the heart is concerned. Many of the conditions that produce attacks are hidden. You may have excess cholesterol in your bloodstream without realizing it. Your blood pressure may be much too high—or too low—but unless it's measured with instruments, you'll hardly know there's a difference. You could even be living in an extreme state of stress, and yet feel perfectly calm.

Like my friend Paul Robbins. Outwardly, Paul was a portrait of tranquillity. He headed a large corporation and was "set for life," as the saying goes. People always admired Paul for his calmness, his ability to stay on top of things without ever blowing his cool.

"I can't understand it," Paul said to me one day. "I took an insurance physical and the doctor told me my blood pressure's way up. So is my cholesterol."

"That comes as no surprise to me, Paul," I said.

He frowned, puzzled. "What do you mean, Lelord? You know I'm a good eater. I watch my calories, eat only lean meats, and I lay off sweets. I don't smoke, and I drink less than one cocktail a day."

"Paul," I asked him, "how many hours a week do you work?"

"It's hard to figure exactly. I average a good ten to twelve hours a day at the office. But when you really get down to it, my mind's on the business even on nights, weekends, and holidays."

"When's the last time you took a vacation?"

"Who can remember? It was years ago."

"Can you remember the last time you went to a movie or watched television? Do you ever relax with a hobby, read a good book, visit a museum?"

"You know better than that, Lelord. I haven't got the time—and I don't miss it. I love my work. I thrive on it. That's what keeps me going."

"And yet, Paul, your blood pressure and cholesterol are so high, they're threatening your heart. How come?"

"You tell me."

"Stress."

Paul could barely contain his amusement. "Who, me?" He chuckled. "The original Mr. Cool? When's the last time you saw me under pressure?"

"Maybe never. Maybe every moment I set eyes on you."

Stress, I explained to the bewildered Paul, is not necessarily something you can see, hear, or feel—even in yourself. Nor is stress, in itself, always bad. There are many healthy forms of stress.

"Like what?" Paul asked.

"The stress you feel when you watch a suspense movie is generally diverting and, ultimately, relaxing, even though it elevates your pulse and blood pressure. The same is true of the stress you undergo during a tight ball game, or when you're locked in a chess match with a worthy opponent. A well-rounded person seems to thrive on those forms of stress—provided he doesn't have an already weakened heart, and he doesn't overdo it."

"All right," Paul conceded, "so I don't treat myself to any of your 'healthy' stresses. In fact, good or otherwise, I'm never under stress—so why should I have the symptoms?"

"Because you may be in a state of stress without realizing it. Many scientists consider that the most dangerous type of stress, because you never know it's there."

Science is not certain about the reasons, I went on, but the stress we're aware of seems to be the least harmful. Maybe it's because awareness is the body's built-in safety valve that causes you to say "enough!" Maybe our awareness is another form of releasing the stress, instead of turning it inward to wreak havoc on our organs.

"Whatever the explanation," I told Paul, "people like yourself, dedicated to nothing but working and making money, often turn up with the foremost symptoms of stress. No matter how well they eat, their bodies produce excess cholesterol. Even when they think they're relaxing, their hearts are beating too rapidly, and their blood pressures are way up. Eventually, that can lead to any number of cardiac complications—including a fatal attack."

"You make me feel like a doomed man," Paul stammered, not quite his calm self anymore.

"Not at all." I laughed. "I'm simply recommending that you slow down and find out what else life has to offer besides work and money."

"At my age?"

"It's possible at any age. Learn to read other things besides financial statements. When you meet people, discover what knowledge they have to offer besides stock tips. Indulge yourself in a pastime that you simply enjoy, even though it doesn't make you one cent wealthier. If you can accomplish that much, you may find both your cholesterol and blood pressure magically returning to normal."

Whatever bodily "magic" took place, Paul followed some of my suggestions, and they worked. By the time of his next physical, some six months later, his symptoms were markedly improved—and so was his risk of heart trouble.

Of course, stress is not the only cause of excess cholesterol and hypertension. But one fact has become increasingly clear: when you talk about heart abuse, you are also talk-

ing about these two symptoms that are always present but rarely felt. When you attempt to list proper foods, ideal lifestyles for avoiding heart trouble, you are also dealing with these twin menaces.

In its early stages, hypertension is barely noticeable. Painless, it causes your blood to pound away at the delicate walls of your veins and arteries, slowly and inexorably weakening them. When they have become sufficiently damaged, you may then experience such outward symptoms as headaches, insomnia, roaring in the ears, and blurred vision. By then, the condition is well advanced and even more threatening to the heart.

Certain conditions can increase your susceptibility to hypertension. It's been found that brothers, sisters, and children of hypertensives are in a much higher risk category than relatives of persons with normal blood pressure. Kidney infections and diseased adrenals (the glands lying atop the kidneys) further increase the chances. Excessive emotional strain is another factor.

Whatever the cause, recent experiments have shown that by bringing your blood pressure under control, you eliminate a frequent cause of heart disease. Hypertension not only brings on hardening of the arteries; it also increases the amount of cholesterol produced by the liver, and the rate at which the cholesterol is deposited in the walls of the arteries.

In every instance, preventive measures against high blood pressure and/or heart trouble are identical. Whatever behavior or diet affects one condition also affects the other. There is one food, however, that doesn't seem to affect the heart itself, yet causes enormous changes in blood pressure. That food is plain, everyday salt.

True, the body needs salt . . . but not in the quantities that most Americans consume it. From earliest childhood we are trained to crave more and more of this spice. It is used to make baby foods more "tasty." It is the basis of countless "gourmet" recipes. Cheap eateries add salt for

"flavor"—expensive restaurants add it for "piquancy." I've yet to see a "gourmet" recipe that doesn't include a lot of salt.

Add to this the modern food-processing techniques that spike nearly every canned or frozen food with salt (sodium chloride, to be precise) and you'll realize that your body is being inundated with this chemical. By the time most people reach maturity, no food tastes "right" to them unless its been heavily salted, either in the cooking or at the table.

If you're a heavy salt consumer, start retraining your taste buds. That's what your doctor would tell you to do if you turned up with high blood pressure. But why wait for that to happen? By cutting down on the use of salt, you'll not only save food money—you'll also be reducing one of the prime instigators of hypertension . . . and heart disease.

However, food isn't the only factor involved in the preservation of a healthy heart. You could be practicing the best eating habits in the world, and still be taxing your cardiovascular system. If you're a tense, introverted person who bottles up all his emotions, you may be placing a strain on many organs, including the heart. If you agitate easily, become unhinged or unnerved by the slightest setback, you're also flirting with cardiac symptoms. And now that you're well into your fifties or sixties, you're possibly neglecting one of the most important therapies of all: exercise.

"Slow down. You're not as young as you used to be." Sooner or later we all get to hear those dreaded words from our doctors. It's sound advice which should be followed—but not in the extreme. SLOW DOWN does not mean STOP. To turn inactive, sedentary, and fat is perhaps even more damaging than excessive exercise.

Sure, those muscles of yours can no longer take three sets of tennis or an hour of handball. Try keeping up with teenagers in a game of basketball or volleyball, and your pounding heart-muscle quickly reminds you that you're out of your class. But that's hardly a reason to quit cold.

Every healthy body, no matter what age, is capable of some form of exercise. Each individual must determine his own capability and, of course, if you've been inactive for too long a time, you should consult with your doctor before embarking on any extensive program. But even while you're deciding how active you can be, there's one exercise that's safe for just about everybody. That exercise is called *walking.*

A brisk daily walk does more than just stimulate the heart. Regular walking can cause the coronary arteries to create new blood vessels, thus easing the load of circulation. Recent studies have demonstrated that walking keeps the blood pressure normal and often reduces the amount of cholesterol in the blood.

Naturally, any exercise, walking included, brings down your weight. As for increasing your appetite, forget it. A rhythmic, long-strided walk not only burns up calories—it actually reduces the body's need for food, because by stimulating your circulation, you're causing every organ to make more efficient use of the nutrients in your blood.

If walking is simply not your "thing," there are other activities which, with a little planning, can be turned into genuine, heart-protective exercises. It's a matter of scheduling.

Take housekeeping, for instance. Instead of stretching the job out endlessly, doing bits at a time, try bunching certain tasks into half-hour periods. A few times a week, set yourself a goal of twenty to thirty minutes to complete all your vacuuming and dusting in one swatch—or to wash the dishes and do the ironing in a single session. Without consciously trying, you'll be stimulating your heart and circulatory systems.

Perhaps you enjoy socializing. Did you know that dancing is one of the most effective exercises at any age? It doesn't have to be rock or go-go, either. Plain, old-fashioned fox-trotting, two to four times a week, is an excellent heart-conditioner.

So is bicycle riding, the most neglected means of transport in our automobile-oriented society. With this enjoyable exercise, you get an added dividend: savings in gasoline costs, which are certain to go higher and higher in the years ahead.

And swimming is one of the very best forms of overall exercise, as the body's buoyancy does not place excess strain on the heart.

It must always be remembered, however, that exercise is of little value to a heart and blood vessels that are not properly nourished. The heart needs a constant stream of nutrients that strengthen its musculature while delivering an adequate supply of oxygen. The arteries and veins need sustenance to maintain their sturdiness and elasticity.

A high protein diet is beneficial, because the heart is made of protein. A proper level of protein provides the heart muscle with an adequate supply of repair and maintenance material. Lean meats, poultry, and fish are among the best sources.

B-complex vitamins enrich the nerves that control the heart. For these vitamins, eat lots of green vegetables, legumes, and whole grains. Sunflower seeds are an excellent snack source. In general, all foods rich in protein are also rich in B vitamins.

Vitamin C is also important to heart health. It helps to strengthen the capillaries and thus enhances the blood's ability to supply the heart with oxygen.

The use of certain foods should be minimized, because of potential danger to the heart. Excessive coffee, for example, not only affects the nerves and digestion, it is also associated with heart attacks. Homogenized milk, even if it is 99 percent fat-free, tends to deposit tiny fat particles in the bloodstream.

One substance clearly to be avoided is refined white sugar, including any cakes, candies, soft drinks, or other foods in which it is present. It offers no nutritional values and appears to be a major factor in heart trouble. Wherever there

has been an increase in sugar consumption, there has been a parallel increase in coronary disease.

Cholesterol remains the bugbear of the cardiovascular network, for reasons that are now well known. "Persons with atherosclerosis usually have higher blood cholesterol levels than persons without atherosclerosis," states the Agricultural Research Service of the U. S. Department of Agriculture, "and persons with high cholesterol levels develop atherosclerosis more often than those with normal levels." As one means of combating coronary heart disease, this research group recommends "a daily intake of less than 300 milligrams of cholesterol."

Certainly, everybody should concentrate on reducing his or her intake of cholesterol, as well as the saturated fats that are found abundantly in animal foods and coconut oil. But that is far from the only answer.

For one thing, much of the body's cholesterol is created internally, and has no connection with the amount of cholesterol consumed. Excessive weight, even if caused by noncholesterol foods, results in higher cholesterol production by the body. Certain foods inhibit the metabolism of cholesterol, permitting it to build up in the bloodstream, while other foods cause it to emulsify and be excreted from the body.

One such "cholesterol killer" is the substance known as lecithin. Recent experiments have shown that this foodstuff enables the body to produce the enzyme known as lecithin-cholesterol-acyl-transferase (LCAT), which prevents cholesterol from building up on the arterial walls. In fact, it even seems to break up hardened formations, which are then carried away to be eliminated.

Lecithin is valuable in preventing atherosclerosis, constituting as it does a vehicle for transporting the fat about your body. It makes the globules of fat move on, and prevents their settling on the artery walls or infiltrating the liver and other organs.

Dr. George R. Herrman, of Galveston, Texas, reported:

"Choline and inositol as found in lecithin, plus methionine, administered to patients with hypercholesteremia resulted in the lowering of the blood cholesterol levels."

Choline, inositol, and methionine are needed in the diet to help prevent cholesterol from becoming lazy and settling down in the arteries. We find an abundance of choline and inositol in lecithin, which is derived from the soybean.

Choline, a fat-emulsifying agent, is a wonderful aid in promoting normal distribution of food fat throughout the body and thereby preventing the stockpiling of fat in undesirable places, notably in hardening arteries and in a fat-clogged liver. The absolutely minimum human requirement for choline is assumed to be about half a gram, or 500 milligrams, daily.

When animals are deprived of choline in their diets, they develop atherosclerosis, hypertension, cancer, fatty livers or edema, or show retarded growth.

In a Los Angeles study Dr. Lester M. Morrison and Dr. Guillermo F. Gonzalez gave choline therapy to 230 patients with hardening of the arteries. They found that the mortality rate among the choline-treated patients was only 12 percent compared to the 30 percent death toll in the group not using choline. Lecithin is the richest natural source of choline.

Hydrogenated fats used in frying and baking do not contain lecithin. The processing that these fats and oils go through before they reach the consumer destroys the lecithin content, but leaves the cholesterol. If you eat margarine, fried foods, white bread, or pastries from a commercial bakery, each day you are consuming large amounts of cholesterol without the necessary lecithin to manage the cholesterol and keep it moving along through your bloodstream instead of collecting on arteries leading to and from the heart.

There is an unknown factor in lecithin which improves the utilization of vitamin E. This same factor is essential for the body's use of vitamin A. In patients whose diseases

make the absorption of vitamin A and fats impossible, lecithin is indispensable. Every man and woman should use lecithin daily for as long as he or she lives.

Where do we find the fat-fighting lecithin? The complete proteins, of course: meat, fish, poultry, eggs, soybeans, cheese, and nonfat milk. And it is also very wise to use concentrated lecithin granules as a supplement.

The most potent form of lecithin is the granular variety derived from soybeans. But if your budget can't handle it, what then? Clearly, the answer lies in just how important the health of your heart is to you.

What are some of the "luxuries" you allow yourself? Smoking? Candy? Rich desserts—or breads slathered with butter? All of these are dangerous to the heart, and probably a lot more expensive than the amount of lecithin required as a preventive. If your consumption of salt and sugar are equal to the national per capita average, you can afford lecithin granules simply by reducing your intake of those two antiheart foods to a minimum. Ask yourself if there are any other useless foods that you "must" have instead of this beneficial nutrient.

Vitamin C is another substance fast establishing itself as an anticholesterol agent. Statistically, there is little doubt that heart attacks and strokes are more prevalent among people with lower intake of vitamin C. Now, there is reason to believe that this nutrient is vital in eliminating cholesterol from the body.

In experiments at the Institute of Nutrition in Bratislava, Czechoslovakia, Dr. Emil Ginter has observed, "High doses of vitamin C, applied to vitamin C deficient guinea pigs, markedly speeds up the degradation of cholesterol." Dr. Ginter also noted that additional vitamin C produced "an increased ability of the liver to degrade cholesterol through oxidation."

Citrus fruits, especially oranges, are rich sources of this vital vitamin. So are leafy green vegetables. Remember, though, that vitamin C deteriorates rapidly once it's ex-

posed to air. Cut up your fruits or squeeze out their juices only when needed. The same policy should be followed when you reconstitute frozen juices.

Some years ago, researchers at the Minnesota Agricultural Experiment Station noted an increased amount of heart attacks among cattle. The reason, they soon discovered, was the removal of wheat germ from the cows' diets. As soon as the wheat germ was restored, the heart attacks decreased.

Wheat germ contains high quantities of vitamin E, an anticlotting agent. Blood clots, one of the outstanding causes of heart disease, were practically unknown prior to the development of modern technology. But when steel roller mills replaced the ancient stone-grinding process, the result was to destroy all the wheat germ in flour. Since that time, coronary thrombosis, caused by blood clotting, has been on the increase.

Whole wheat bread contains some vitamin E, but in order to get sufficient quantities, work a few daily tablespoons of wheat germ into your budget—or, perhaps, a supplement of vitamin E capsules. According to Dr. Evan Shute, a pioneer in the treatment of the heart with vitamin E, the average male should take *at least* 600 international units (IU), the average female at least 400 IU.

If, for any reason, you are taking doses of estrogen (female hormones) or iron, they should not be consumed at the same time as vitamin E, because of possible counteracting effects. Allow a good eight-hour gap between the taking of one and the other.

Chlorine is another substance that works against the vitamin. If it's contained in your drinking water, it should be boiled out or allowed to evaporate.

And speaking of water, do you live in a hard-water area? In order to wash clothes, is there a mechanical water softener attached to your faucet? Do you drink the water that comes out of that faucet? If your answer to the last question

is yes, you may be doing far more damage to your heart than you realize.

According to the British medical journal *Lancet* "Men living in areas where the drinking water is hard, live longer and are less likely to have strokes and coronary-artery disease." The reason is apparently the lack of certain minerals in soft water—especially calcium and magnesium.

Calcium strengthens the heart's pumping action and reduces the chances of circulation blockage. It also has a calming action on a strained heart. But far more important, perhaps, is calcium's ability to reduce the body's absorption of lead. Given two communities with equal amounts of lead in their drinking water, people living in the community with harder water have less lead in their systems. Hard water also seems to prevent the pickup of lead from pipes. Cadmium, another toxic chemical found in waterpipes, is also repelled by hard water.

Persons who died of sudden heart failure almost invariably turned out to have below-average concentrations of magnesium in their heart muscles. Though its biochemical behavior is still unclear, magnesium has been used with some success in the treatment of certain heart ailments.

If you live in a hard-water area, you have no problems. Simply place the mechanical softener on your hot water system, and stick to hard water for drinking and cooking. But what if you reside in a soft-water area?

Since there are no gadgets to turn soft water hard, you should consider the inexpensive supplement known as dolomite. Rich in calcium and magnesium, this natural substance is safe and as tasty as candy. Two or three tablets a day make up for the mineral loss you sustain by drinking soft water.

There are no hard-and-fast rules about heart health. Each person has his or her own resistance factor to abuses. We have all met, at one time or other, the proverbial scoffer who smokes three packs a day, drinks a quart of booze, is a

hundred pounds overweight, with no intention of cutting down on calories or cholesterol. We are flabbergasted when we also learn that he's over ninety!

Don't be fooled by exceptions. Until science learns what makes them more resistant than the rest of us poor mortals, it's better to be safe than sorry.

7

Good Digestion Is in Your Control

It's a constant source of concern to me how few people fully understand the terms "digestion" and "indigestion." Nor realize the health consequences of poor or improper digestion.

Ask the average man or woman what constitutes indigestion, and you usually get such replies as:

—indigestion is too much acid in the stomach, causing heartburn; or

—when you have too much gas, you get indigestion; or

—if you eat too much, and you feel bloated, you have indigestion.

While all of these answers are accurate, they barely scratch the surface of digestion and its numerous problems. To most people, for instance, it comes as a surprise that the digestive process begins not in the stomach but in the mouth.

Thus, you could be setting the stage for your own indigestion with your first mouthful of food. Because it's there that your salivary glands secrete ptyalin, an enzyme that breaks down starch and converts it into digestible sugar.

If you chew too rapidly, swallowing your food in big chunks instead of grinding it to pulp, the chances are that you're already experiencing the stresses of indigestion.

The stomach is where the digestion of proteins begins. Here, powerful acids are secreted to churn up the food and

ready it for passage to the lower portions of your alimentary canal.

If you eat excessive spices, gassy beverages, nondigestible fat or gristle, you are further impeding the delicate digestive process. Any liquid, even plain water, when used to gulp down food, can cause trouble by diluting the stomach's digestive acids.

Now partly digested, the food passes from the stomach through the duodenum, down to the small intestine. Along the way stomach acids stimulate the duodenum to send hormones into the bloodstream, which carries these hormones to the pancreas. There, they cause digestive enzymes to be released into the small intestine. At the same time, the liver releases stored bile into the small intestine. Pancreatic enzymes continue to break down proteins, change starches to sugars, and convert fats into fatty acids and glycerin. Liver bile helps to digest fats so the body can absorb them.

If you eat foods that impede the function of these two vital organs, the pancreas and liver, you are laying the groundwork for dangerous forms of indigestion.

Fixed to the wall of the small intestine are millions of small, nipplelike organs called villi. They work like suction pumps, taking up portions of the digested, semiliquid food, extracting nutritive elements, filtering them into the bloodstream, and rejecting waste matter. The blood carries the nutrients to all the body's cells, where final digestion ensues, converting the food into energy or into proteins that are used to rebuild bodily tissues.

If you allow your villi to become clogged, and if you don't give your cells proper nourishment, greater and graver indigestion may occur.

Remaining food wastes are passed from the small intestine to the large intestine, also known as the colon or bowel. Even there, a form of digestion takes place, as water, minerals, and bacteria combine to produce the final pro-

duct—feces—which is then eliminated, some twenty-four hours after it was ingested by the mouth.

If your eating habits and life-style interfere with smooth conversion and elimination in the large intestine, you are leaving yourself wide open to one of the commonest forms of indigestion.

According to hundreds of weekly TV commercials, the "cure" for excess acid would lie in a simple neutralizing pill or powder. Hemorrhoids, a common result of indigestion, would vanish at the touch of a salve, while constipation would disappear with a "safe, mild laxative." Even headaches, a frequent symptom of indigestion, could be combatted, with aspirin.

Unfortunately, these nostrums at best do nothing more than relieve symptoms briefly. They do nothing to alleviate indigestion itself and in some instances they actually cause greater damage than the condition they're treating.

Did you know that by drinking an alkalizer you are actually neutralizing vital digestive acids? Much of the food will pass from your stomach in an undigested state. Therefore, the body will receive none of its nutritive values and, when it reaches the bowel, it will be hard, difficult to eliminate.

If your intestinal walls are already irritated, you may be asking for even more trouble by taking alkalizing powders. Doctors have found these powders, when given to persons with duodenal ulcers, speed up the stomach's emptying time so swiftly that the ulcers, exposed longer to the powerful digestive acids, are worsened.

Clearly, the answer to indigestion does not lie in the mass of patent medicines that glut the pharmacy and supermarket shelves. For the money you waste on these products, which may be harming you—and certainly not curing you—you can deal with digestion healthfully and enjoyably, by investing wisely at the food counter.

For the most part, digestive processes remain virtually

unchanged in the course of a lifetime. One notable exception is the body's production of digestive enzymes. For as we grow older, these vital chemicals grow fewer and weaker.

Enzymes are complicated chemical compounds whose jobs are to speed up certain chemical reactions vital to good digestion. Probably their most important function is to break down food into fragments small enough to be absorbed through the intestinal wall. There are many types of digestive enzymes, each with its own specific task to perform.

When the body's enzyme production declines, digestion suffers. To maintain a proper level of enzyme activity, certain foods should be made part of an everyday diet.

Fresh, raw fruits and vegetables are rich sources of enzymes. They also contain vitamins that stimulate enzymes in the body. At least one fruit or vegetable, uncooked, should be eaten at every meal.

Yogurt is loaded with enzymes that aid digestion and help absorb vital nutrients. So is brewer's yeast. Both are outstanding sources of enzyme-producing agents.

Many food stores now carry *fresh* bean sprouts, which contain a high concentration of enzymes. You can easily learn to grow your own sprouts—which is far more economical than buying the ready-grown variety. For more information on sprouts and sprouting, I refer you to my book *Cook Right—Live Longer: The Lelord Kordel Cookbook.*

The tropical fruit papaya is rich in the enzyme papain, which digests protein. Fresh pineapple contains an enzyme called bromelin, which performs a similar function.

All raw seeds and nuts are enzyme powerhouses. So are "butters" made of *raw* seeds and nuts.

Good digestion not only eliminates such common complaints as gas, heartburn, and constipation. It also may protect you from heart disease, cancer of the colon, and a variety of other ills that attack people in their later years. As is

so often the case, these facts were learned not in sophisticated laboratories, but in the lands of primitive peoples.

English doctors, working in rural Africa, noticed that coronary heart attacks were virtually unknown among native villagers. So was appendicitis, hemorrhoids, diverticulosis, obesity, and gallstones. Yet the same people, when fed a typical Western diet, started showing early symptoms of those very ailments.

So the doctors began an in-depth study of the villagers' eating patterns. They found that the Africans' sparse, poverty-level diet was devoid of many essential nutrients while abundant in others. It varied from village to village, tribe to tribe. But in all the natives' daily rations, there was one common denominator: high vegetable fiber.

Fiber, pushing waste matter through the colon like a clean-sweeping broom, seemed to prevent the development of carcinogens (cancer-causing compounds). It also appeared to retard accumulation of cholesterol in the blood vessels, by enabling the liver to convert more cholesterol into bile salts, and by increasing the quantity of bile salts excreted by the colon.

* * *

The message was clear. Fiber creates roughage, and roughage speeds elimination—not only in the bowel, but also in the stomach and small intestine, where nondigestible foods tend to cling, decay, and emit poisons into the bloodstream. The natives' "primitive" diet taught modern men that fibrous foods may help eliminate a wide gamut of illnesses that start with poor digestion.

But in a country where more than 90 percent of packaged food has lost its fiber in the so-called refining process, how does one convert the average "civilized" fare into a high-roughage diet? A few simple do's and don'ts will suffice.

First of all, wherever possible, substitute whole-grain products for refined foods. Whole wheat bread is much richer in fiber. The same is true of brown rice, compared to pol-

ished white. If oatmeal is your "bag" at breakfast, steel-cut oats are far more fibrous than the processed varieties.

Fresh fruits and vegetables provide greater roughage than canned, pre-cooked varieties. In oranges and celery, for example, you can see the fibers with the naked eye. Once cooked, fiber loses much of its toughness and, consequently, its ability to create roughage. Fruit and vegetable juices may be excellent sources of vitamins and minerals, but as roughage they run a poor second to the whole, solid sources.

Eliminate candy, ice cream, soft drinks, and other products made with refined sugar. They retard roughage, and offer no nutrition. If you must snack, nibble on such high-roughage foods as nuts, sunflower or pumpkin seeds, roasted soybeans, and dried fruits.

When wheat is refined, the milling process throws off a natural substance that is perhaps the most powerful of all roughage foods. It is called bran, and it is mostly discarded, frequently added to animal food, rarely incorporated into products for human consumption.

Extremely high in fiber, pure bran is used by many as a laxative. However, if eaten excessively, bran can be an irritant to the gut, especially in people who already suffer from ulcers, colitis, hemorrhoids, or other irritations of the alimentary canal.

So bran should be added judiciously to the diet. Natural cereals, containing a percentage of bran, are a good way to start. If you'd rather try the pure variety, begin with no more than a tablespoon a day, sprinkled into soup, cereal, or salad—or in breading for meat or fish—and work up the quantity gradually. You'll know that you've reached an optimal level when you have one or two daily bowel movements consisting of firm, easily moving stools.

Still another form of cleansing is required if digestion is to be complete. Throughout the body there flows a quantity of mucus—the same mucus you expel when you cough or blow your nose. In its natural, liquid, free-flowing state, mucus cleanses and lubricates our organs and intestinal tract. But if mucus becomes thick, stringy, and stale, it can

be troublesome. For then, the sticky, stale, sludgelike mucus will cling to the walls of the digestive system, impeding secretion of juices and trapping undigested food particles. In the small intestine it clings to the villi, those vital glands (sometimes referred to as suction pumps) that transfer nutrients into the bloodstream.

For unclogging the villi, I know of no better natural aid than a tasty, aromatic herb called fenugreek seed. Brewed as a strong tea and taken regularly, fenugreek has the special ability to thin out stagnant mucus and return it to its free-flowing state. Fenugreek can be consumed freely, because it contains no caffeine or harmful acids. In fact, many people drink fenugreek tea simply for its soothing and calming properties.

Flatulence, the building up of gas in the bowel, is a common occurrence in persons whose digestion and elimination are hampered. But gaseousness is by no means confined to the lower portion of the digestive tract. Because of poor eating habits, it can occur just as readily (and discomfortingly) in the stomach. Often, such gas is accompanied by nausea.

When refined sugars and other empty-calorie foods enter the stomach, there is nothing for this organ to digest, so much of that food lies there and starts to putrefy. Some descends to the lower intestine where, similarly rejected, it coats the intestinal lining and continues to rot. The result is an ever-growing amount of putrefactive bacteria.

These bacteria, if allowed to multiply unchecked, start producing histamines. At first, the histamines simply irritate the delicate intestinal membranes—but if the irritation continues long enough, some histamine passes into the blood, where it can induce nausea and vomiting. By eating foods that combat putrefactive bacteria, you not only prevent nausea but also gas and its handmaidens, bloat and halitosis.

If you're a milk drinker, the same price per quart can buy you buttermilk, a natural weapon against gaseousness.

That's because fermentation, which changes plain milk into buttermilk, creates a favorable bacteria that is a natural purgative of putrefactive intestinal organisms. Buttermilk, by the way, is also lower in calories and cholesterol than regular whole milk.

Sauerkraut and yogurt are also excellent sources of antiputrefaction bacteria. But when you buy these foods, make sure you choose a brand that isn't spiked with sugar and/or artificial preservatives. They might defeat your whole purpose.

The work of fermented foods doesn't end in the stomach. Their "friendly" bacteria combat decaying matter all the way down to the lower intestine. There, by clearing out putrefaction, they eliminate gas and induce healthier bowel movements.

While healthful eating should begin at the earliest possible age, it is important to remember that certain changes in physiology do occur as we move deeper into maturity. One of these changes is in the stomach's ability to produce digestive acids.

Decreased acid means decreased digestion—unless one alters his eating patterns. The experience of Rose Phelps, a friend of my wife, provides an excellent example.

Rose was a fine eater, in my estimation. She laid off excessive carbohydrate foods, ate healthful protein products, kept her calorie and cholesterol intake way down, and even supplemented her diet with vitamins. Rose ate three balanced meals a day, and never snacked in between.

And it showed on her. At age sixty-one, Rose's skin was smooth and moist, and her figure was the envy of many a woman half her age.

But, lately, Rose had developed a problem. It seemed that every meal was followed by a feeling of bloat, gassiness, "like I can't digest it all," as she put it to me. A thorough physical examination showed Rose's digestive tract to be shipshape. So what was wrong with her?

I suggested that her acid production may have slowed

down. Consequently, no matter how well she ate, some of her food remained undigested.

"Is there any cure for that condition?" Rose asked.

"If you mean a medicine," I said, "the answer is no. But you can probably 'cure' yourself by changing your eating habits. Instead of three meals, eat four or five times a day. But *eat less food at each meal*—your daily calorie intake should not increase."

Rose Phelps tried my suggestion and within a week she reported that her digestion was back to normal. "But I'm still not quite sure why," she said with a laugh.

"The answer is deceptively simple," I explained. "By reducing the quantity of each meal, there's less food for the stomach's acid to digest. Therefore it's able to do a complete job again."

We all should remember some simple rules for avoiding gaseousness. Carbonated beverages are an obvious cause. If one eats too fast, gulping his food, he's probably swallowing a lot of air at the same time. If you chew gum or wear badly fitted dentures, you're producing extra saliva that you must swallow, along with some air.

Certain rules of eating behavior should be followed, to protect your digestion:

—do not eat when you're nervous or tense;

—always leave the table a "little hungry" to prevent strain on the digestive processes;

—eat slowly, in a pleasant atmosphere;

—wait at least an hour after eating before doing any strenuous work;

—take a leisurely stroll after eating;

—eat only when you've got an appetite, not when the clock says it's time to force yourself.

Most of all, bear in mind that eating should not be a chore, to be gotten out of the way as fast as possible. Food must be chewed so thoroughly that it virtually swallows itself. Enjoy what you eat; don't use the meal table as a desk away from the office, a reading stand away from the library,

or a platform for family arguments. Tension and distraction can be just as great enemies of digestion as improper diet.

And a proper diet for digestion is as simple and inexpensive as adding a small quantity of natural fiber to some of your everyday standbys. For example:

ROUGHAGE BEEF STEW

1 pound stew meat cut in cubes
1 large onion
2 large carrots cut in 1-inch pieces
1 cup green beans cut in 1-inch pieces
½ cup unprocessed bran
2 tbsps wheat germ
Season to taste

Brown meat well. Add onions and sauté until tender. Add 1½ cups of water or vegetable broth, and simmer for one hour. Add remaining ingredients and cook 30 minutes or until vegetables are tender. This stew should serve two meals. It tastes just as good as fresh, when warmed up.

FIBERED MEAT LOAF

1 onion chopped
1 pound ground beef
1 green pepper or pimiento, chopped
1 clove garlic if desired
¾ cup unprocessed bran
1 egg
⅓ cup powdered skim milk
½ cup milk
⅓ cup wheat germ
3 tbsps minced parsley
⅛ tsp basil
⅛ tsp thyme
paprika if desired

Sauté onion, green pepper (or pimiento), and garlic, if desired, in hot oil. Add to rest of the ingredients, mixing well. Pack in oiled pan. Bake in 350° oven 40 to 50 minutes. This meat loaf can serve four to six, and because of its spicy flavor, is excellent for a cold luncheon plate.

If baking is your hobby, the following two recipes are potent enemies of constipation:

BRAN MUFFINS

- 1½ cups unprocessed bran
- 1 cup whole wheat flour
- ½ cup raisins
- 1 tsp baking soda
- 1 tsp baking powder
- ⅓ cup wheat germ
- ¾ cup milk
- ½ cup molasses or honey
- 2 tbsps safflower oil
- 1 egg, beaten

Sift together bran, flour, raisins, soda, and baking powder; set aside. Blend milk, molasses or honey, oil, and egg. Add to dry ingredients and stir just until moistened. Add wheat germ. Spoon into greased muffin cups and bake in preheated 400° oven 15 minutes or until muffins begin to pull away from the side of the cups. This recipe makes 12 muffins that keep well and make wonderful snacks as well as a good breakfast bread.

APPLE BROWN BETTY

- 1 cup whole grain bread crumbs
- ½ cup unprocessed bran
- 1 tbsp melted butter
- 2 tbsps wheat germ
- 3 sliced apples (3 to 4 medium)
- ½ cup honey
- ¼ cup water
- 1 tsp cinnamon or ¼ tsp nutmeg
- 1 tsp grated lemon peel
- juice of one lemon
- 1 tbsp hard butter

Combine bread crumbs, bran, melted butter, and wheat germ. Set aside. Mix apples, honey, water, cinnamon or nutmeg, lemon peel, and half the lemon juice. In buttered 2-quart casserole, layer a third of bread-crumb mixture, then halve the apples. Repeat layers. Then sprinkle with remaining third of bread crumbs. Pour lemon juice over and dot with remaining butter. Cover and bake in preheated 350° oven 20 minutes. Then uncover and bake 15 minutes longer. Serve with milk or whipped topping. This is a good dish for company. Left over it makes an excellent snack.

An inexpensive way to combat gas and elimination problems simultaneously, is by combining fiber with fermented foods:

CLEAN-SWEEP SALAD

2 pounds of any fresh, leafy, greens
½ cup water
1½ tsps sea salt (optional)
1 cup thick yogurt
3 tbsps chopped onion

Wash greens carefully but quickly. Remove tough stalks and shred coarsely. Bring water to boil. Add greens. Cover and simmer over low heat 10 minutes, or until tender. Drain. Salt if desired. Toss with yogurt. Top with chopped green onions.

FIBER-FERMENT SNACK

To any desired quantity of unsugared, unsalted sauerkraut, add light sprinklings of wheat germ and/or bran. Other fresh roughage vegetables (carrots, celery, green peppers, etc.) may be chopped finely and added according to flavor desired. Mix thoroughly and serve atop slices of whole wheat or multigrain bread. For a final "kicker," try topping with a dollop of yogurt.

8

Restful Sleep Is Your Best Rejuvenator

Primitive man awoke only from the necessity of keeping alive. And why do you suppose that we wake? So we may make a living, and do all the other things we want to.

Sleep is so fundamental to life itself that animals deprived of sleep for four or five days have died; yet these same animals have been able to live twenty days without food. And although people have been known to live for as long as six weeks without eating, a man forced to stay awake for more than ten days would probably die.

Sleep is essential to your very life. It's the time when your body can replenish its vital energy. Both your body and your mind must have this renewal or they fail to operate properly.

Your physical type may to some extent predetermine the amount of sleep you need. Dr. Paul Sheldon, of Columbia University, pointed out that the fatties (endomorphs), the skinnies (ectomorphs), and the musculars (mesomorphs) require different amounts of sleep. Fatties eat a lot and sleep a lot. The muscular ones can get along with very little sleep. The skinnies should work for deep, fully relaxed sleep, since they suffer more nervous fatigue.

Your psychological makeup also influences the amount of sleep you need. Surprisingly, the man who does physical work needs less sleep than the brain worker. The fellow who looks forward eagerly to the day's activities is usually

an early riser. The mentally alert sleep less than people of limited interests.

Man probably sleeps fewer hours than any other animal. The hours of sleep necessary to relieve fatigue and to restore nervous energy and physical abilities vary with many other factors: your age, the degree of your fatigue, the state of your general health, and your nervous and emotional control. If you feel rested when you wake up, you've had enough sleep. If not, maybe you've had a long-enough sleep—but filled with restless tossing and turning. A short, but deep, sleep does you far more good than a long disturbed one.

Don't worry about the number of hours you sleep. It's the quality of rest that counts. The first two hours of your sleep are so sound they count for as much as the next six. You never rest uniformly. Sleep comes in undulating waves, varying from deep to light. Your first wave, about three hours in duration, is the soundest.

Many insomniacs, once they are able to get to sleep, awaken easily in the early morning, following that first, deep wave. According to an old wives' tale, two hours of sleep before midnight are worth four after.

It doesn't matter when you go to bed if you get your needed proportion of sleep to waking hours. Several years ago, R. Buckminster Fuller, the designer of the Dymaxion House, experimented with sleep for two years. He averaged only two hours of total sleep out of twenty-four, but he slept for half-hour periods every six hours. Another man tried sleeping thirty minutes after every two and a half hours. Both men ended the experiments in good physical and mental condition.

There are famous catnappers. The great inventor Thomas A. Edison slept no more than four or five hours a night. He took frequent ten-or-fifteen-minute naps during the day. Eisenhower included a nap in his busy schedule. And Sir Winston Churchill, at every opportunity—in a car, a plane,

or a bedroom—pulled out his black satin eyeshade, put it on, and refreshed himself with a nap.

Since a short nap consists of the first and deepest sleep, it has the potency of a much longer period of shallow sleep. Take a thirty-minute nap in the daytime, and you may be able to save at least an hour's sleep at night.

If you think you can't fit a daily nap into your schedules at least turn the anxious moments of waiting—for planes, appointments, or phone calls—into periods of rest and relaxation. Close your eyes, let go of tension, and sink into momentary repose. Every period during the day which you can set aside for rest will pay off in more refreshing sleep at night.

Four hours of *sound sleep* are the *irreducible minimum* needed to restore physical energy. If you have a lot of nervous tension and brainfag to contend with, then four hours may not be enough to repair your wornout tissues. To replenish nerve-cell energy, you must spend a few more hours in bed. You can make up the energy you lose during a week of emotional strain or overwork by staying in bed on Sunday. How well you can make up sleep depends on your age. The younger you are, the more a late-morning sleep can rejuvenate you and leave you as mentally and physically alert as ever. It becomes harder to make up sleep as we grow older and are more frazzled.

The ones who sleep fewer hours at night should make up their sleep with catnaps during the day. Older people need sleep to keep healthy just as much as the rest of us. Dr. Harry Johnson, head of the Life Extension Institute, Inc., in New York, found that the men and women who lived to ninety years all had one thing in common: they got plenty of sleep. They all slept about eight hours every night the year around.

If you go to bed with unfinished business on your mind you can always find some new worry to strangle your sleep. Since we remain awake only when the brain is sufficiently

stimulated, it's necessary to acquire the habit of mental relaxation before bedtime.

A walk in the fresh air is good preparation for sleep. So is a warm bath. And music acts as a warm bath for the mind. Keep the music soft, and the slight effort of listening drives out all other thoughts.

Reading relaxes some people. Biography, poetry, and similar light matter make better bedtime reading than romances or detective mysteries. Reading the phone book is the best soporific of all!

Boredom is the first cousin to somnolence. Anything that bores you may help to put you to sleep.

Muscular tension is a major sleep-robber. Get rid of those aches by relaxing your body. First, sit in a chair and let your head fall back against the headrest. Let it drop back easily, not rigidly, as though your head were falling off your shoulders. That relaxes the muscles in the back of the neck. Next, relax your legs by stretching out your feet as far as possible, pushing your toes out as far as you can extend them. Relax your arms by raising them and then letting them fall limply at the side. Sit loosely in your chair, with every muscle relaxed. Let your chair bear the full weight of your body.

A before-bed relaxation is invaluable. It enables you to fall asleep faster and to sleep more soundly.

Some people are more suited to early-morning work, and some to night work.

This applies to insomnia, also. Your ability to sleep or stay awake follows the variation in your body temperature, which rises and falls about two degrees each twenty-four hours. It's usually at its lowest from two to six in the morning. As the body gets more active the temperature rises. You're most alert mentally and physically when your temperature reaches its peak. If that peak is reached in the early afternoon, you're a morning worker, and you should follow the maxim, Early to bed and early to rise. But if you're at

your best in the late afternoon or early evening you'd do better in a job that lets you sleep late in the morning.

If your fatigue is mental, exercise is better for you than more sleep. The brain rests when the muscles are working. Colgate University experimenters found that brawn workers required only half as much sleep as brain workers.

You shouldn't go to bed with your stomach empty, nor should you overload it with rich food. A glass of fresh or reconstituted skim milk or of buttermilk is usually enough to draw the blood from your tired brain and comfort your body. Milk—buttermilk, in particular—contains the body chemicals that have a direct bearing on sleep: calcium and lactic acid.

Calcium feeds the nerve ends which conduct the stimuli, in the sleep cycle, between the sleep center in the brain, the nerves, the muscles, and the bloodstream, and then back to the brain. When this cycle is operating efficiently, with lactic acid in the blood sending the calcium forward to the sleep center of the brain, it's impossible for the conscious mind not to sleep at regular intervals.

If the bloodstream doesn't contain enough calcium and lactic acid the operation of the cycle is not efficient. The complex sleep center which controls our sleeping and waking cannot produce the drowsiness and inactivity of the conscious mind necessary for sleep.

High-potency organic calcium-mineral tablets, taken with a glass of buttermilk half an hour before you go to bed, should help you to sleep and improve your general health at the same time.

A deep and restful sleep entails the degree of mental and physical inactivity essential for the reactivation of the human body. You must have sufficient calcium and lactic acid to balance the sleep chemistry of the blood, or you invite insomnia and nervousness.

The sleeping-pill habit is dangerous. In a semidrugged state, how could you cope with a fire—or a burglar? There's

always the risk of taking too many. When you awaken from a natural sleep you feel rested and reinvigorated. When you stagger out of the drugged insensibility produced by a sleeping pill, you're nervous and irritable, coordination is bad, you drop things, and usually there is a general feeling of grogginess and depression.

Many sleeping tablets contain amidopyrine or pyramidon, both of which destroy the white blood corpuscles in some people. When this happens the resistance to infection becomes so low that a common cold may result in sudden death.

The inability to sleep is not a disease nor is it often due to disease. Its beginning is usually traceable to nervousness, worry, or pain. When you use sleeping pills, their ultimate effect on your nervous system may be harmful enough to produce chronic fatigue. Under ordinary circumstances the ability to sleep well coincides with good physical and mental health.

Insomnia is often caused by emotional disturbances, and all the sleep props you may use—eyeshades, earplugs, special mattresses, electric blankets, temperature control—will not overcome the effects of a harried mind.

The only safe way to fight insomnia is to form the habit of eating balanced meals, and take additional nutritional concentrates as needed. Try to go to bed at the same hour every night—and don't forget the buttermilk nightcap! Quit taking work home to do. When you turn out the light and open the window, pull the curtain of oblivion over your thoughts, erase the day's disappointments, relax every nerve and muscle . . . then go to sleep believing that tomorrow *will* be better.

And it will be!

9

Don't Declare Bone Bankruptcy

"I couldn't believe my eyes!" exclaimed Phil Petrone. "Since the age of twenty-one, I was a neat five ten and a half. Or at least I thought I was—until this morning."

"What happened then?" I asked Phil.

"I went for an insurance physical. The doctor measured my height, and it turned out that I've shrunk nearly a whole inch!"

That must have been quite a shock to my old friend Phil, whom I remembered from our college days as a versatile athlete, proud of his superb physique. Now, over forty years later, on the verge of retirement, Phil was worried.

"Bad enough I started getting those blasted backaches," he complained, "but who ever thought it would come to this? I mean—why am I growing shorter, Lelord?"

"Phil," I replied, "you probably began losing height years ago—minutely, of course—and chances are you have no one to blame but yourself."

Which is true of so many people in their middle-to-later years. If shrinking an inch or two were the only result of their neglect, it wouldn't be a terrible hardship. Unfortunately, height loss usually signals a more serious and potentially dangerous condition: osteoporosis, or softening of the bones.

"Why should *my* bones turn soft?" Phil asked. "I do my morning setups, when the back isn't aching, and still man-

age some tennis or handball at least four times a week. What's more, I eat three squares a day."

"All that is fine, as far as it goes," I said. "But your chronic backaches should have been the tipoff that you weren't going far enough."

I told Phil of a U.S. Public Health survey which found that about four million people over sixty-five suffer from severe backaches, and that those backaches are caused by abnormal bones.

"Beautiful," he moaned. "What a great retirement to look forward to, propped in a rocking chair with my back in braces. And losing inches, to boot!"

"It's not all that grim," I said. "You can put an end to the backaches and the shrinking. In fact, there's no reason why you can't walk tall and erect again—into your seventies, eighties, nineties, or beyond."

"Tell me how!" he said eagerly.

"When you were a kid," I reminded Phil, "what was the one thing your mother fed you regularly—religiously?"

"Cod liver oil," he recalled instantly. "But I thought only children needed it."

Because of its high vitamin D content, I explained, cod liver oil is especially effective in preventing rickets, the deforming disease that turns children bowlegged. But vitamin D is sadly lacking in the diets of many adults, who need it to keep their bones revitalized.

For this vitamin helps absorb minerals from the digestive tract. It is vitamin D that takes both calcium and phosphorous, and ships them to the bloodstream, which then carries these nutrients to all parts of the body. Without vitamin D you cannot maintain your skeletal structure or secure the minerals needed for healthy bones and teeth. And while vitamin D is vital against rickets in the young, it is equally needed to prevent osteomalacia, a softening of the bone shafts that brings arthritislike distress to older people.

"But this is one of the hardest vitamins to secure in our diet," I warned Phil. "Do you drink vitamin D fortified

milk or eat a lot of fish liver oils?" From Phil's expression, I could tell that he didn't do much of either.

"You'd better get yourself a complete vitamin-mineral supplement," I cautioned. "And remember that vitamin D needs the help of other vitamins, especially vitamin A, to do its work."

"Will that relieve my backache?" Phil asked.

"To some extent," I explained. "However, there are other factors involved."

For instance, Dr. Arthur Michele, professor and chairman of the Department of Orthopedic Surgery of New York Medical College, is convinced that many of his patients would not have back trouble if they exercised their back muscles properly. Dr. Michele says that the cause of most back problems lies in the musculature of the lower back, known as the iliopsoas.

Like an octopus, the iliopsoas reaches out in many directions. Its lower segments are attached to the pelvis, hips, and thigh bones. The upper extremities of this muscle go to every vertebra in the lower spine and even up to the lower vertebrae in the midback. The iliopsoas shapes the natural curve in the spine, and controls general posture. It is involved with the entire working of the back and hips.

"Okay." Phil nodded. "So you pinpointed where it hurts the most. The question is, what should I do to get rid of the pain?"

"Let's begin," I said, "with what you should *not* do. Your morning exercises, for example—what do they consist of?"

"The usual. Pushups. Situps. Touching the toes with my legs straight. That sort of thing."

"That sort of thing," I warned, "can put you in traction. In fact, most of the calisthenics you learned in gym class are dangerous to bad backs."

"You mean," he stammered, "I've got to give up exercising? Forever?"

"Not at all, Phil. I simply mean that you should exercise to help your back, not harm it."

And I told him of a series of back-strengthening calisthenics recommended by Dr. Michele. They are by no means a complete program, but they get to the core of many muscular difficulties that come from the back.

In performing the exercises, it is important to warm up gradually and do them in order, because the very last ones act most directly on the iliopsoas itself.

UNCRAMPER FOR NECK AND SHOULDER

To relieve cramping and pain in the neck and shoulders, stand with your feet slightly separated so that you can bend forward with your arms and head hanging loosely. Let them hang and relax. Then bring your arms forward and back in a free-swinging circle, while your head is hanging down, relaxed. You can swing one arm at a time if that is more comfortable. Start with 25 swings each time you exercise, and then work up to 150 continuous circles at least twice daily. You'll find that as you loosen up the muscles in your shoulders, shoulder blades, and upper back, you'll be able to make larger circles and accomplish the stretching with less repetition.

CORRECTING EXERCISE FOR MIDDLE BACKACHE

Stand with your feet wide apart and body bent forward at the waist. Clasp your hands behind you. Let the weight of your head and shoulders pull your torso forward. Now, remaining bent at the waist, lift your torso by raising your head and arching your back, all the while pulling your shoulder blades sharply together. Hold this position for a fast count of ten to strengthen your back muscles, then relax and let your body droop forward again. Whenever your upper back or neck or shoulders feel

cramped, repeat this exercise ten to twenty times. Otherwise, it should be done twice daily. This exercise also helps to correct any exaggerated forward or backward curvature of the spine.

STRETCHER FOR LOWER BACK

Accomplishing with orthopedic safety what the traditional toe-touching exercise was designed to do, this exercise begins when you sit on the floor and put your left leg out in front of you. Aim the toes straight up and swing your left leg over as far as possible, toward your left side. Now bend your right knee and bring the right heel in close to the crotch, still keeping the left knee flat on the floor. Hold your left hand in the small of your back while you do the exercise. Sitting as erectly as possible in this position, you twist to the left until you're facing the outstretched left leg. Then reach out your hand and *try* to touch your left toes, bending from the hips.

Remember, the word is *try,* not *do.* You try by bouncing your torso up and down, to loosen your muscles and get closer to your toes. Eventually you should work up to 100 quick, bouncing motions. At first you may not get too close to your toes. But keep at it. You'll find it growing easier every day.

Of course, if you're under treatment for your back, you should consult your doctor about these exercises. If he approves, set aside a good twenty minutes to a half hour, twice a day, so you can take them at the speed best for you. Be sure to wear clothing that will not impede your movement, and take your shoes and stockings off.

I told Phil that these exercises would help him stand straight and stay tall, but he couldn't really expect to stop slumping unless he ate the right kind of diet. Porous bones

are not an inevitable part of growing older. Scientists have proved that the bones of well-fed animals can become progressively stronger with age. To relieve backaches or to prevent them, every nutrient needed to build and repair bones must be obtained and absorbed by the body.

Like any other cell in the body, the cells forming the base of bone, or matrix, undergo constant change. They continuously die and must be replaced. However, bone repair or development is halted, as are the body's other cells, by an inadequacy of protein or of any nutrient required to utilize protein. New bone cells also need vitamin C, which is essential to connective-tissue formation.

When the body lacks these essential nutrients, so many cells die that bone areas become decalcified, leaving the bones weak and brittle. Vital minerals, when not combined with other nutrients to make bone cells, are simply released to be carried away by the bloodstream.

One of the marvelous features about bones is that repair begins the moment all the cells receive the nutrients they need. This can be observed when a broken bone heals.

Your need for calcium, to build bones, continues throughout life. An adequate diet should supply more calcium than the amount excreted daily in the urine and feces. The excess is stored in the long bones, where, like a bank account, it can be drawn upon for needed bone repair.

Calcium is also needed by the soft tissues and the blood. So, if you don't ingest enough, none of the calcium you consume will reach your bones.

To maintain an adequate supply of bone-building calcium, drink lots of fat-free milk. If you are allergic to milk, or simply don't like the taste, then you should take a daily calcium supplement; bone meal tablets are especially recommended.

Almost equally needed for bone repair is phosphorus. But unless accompanied by magnesium, excessive phosphorus can cause a continuous urinary loss of calcium. Magnesium

is undersupplied in the average diet. So you can see how important it is to use a complete mineral-vitamin supplement to help correct bone problems. Nutrition does play a vital part.

Height loss occurs with prolonged deficiencies of calcium and vitamin D, because the skeleton becomes demineralized. In time, porousness leads to shrinking. Even a high-protein diet alone cannot correct osteoporosis, without vitamin D and these important minerals.

Studies have shown that persons with porous or honeycombed bones and poor teeth are often on diets lacking in proteins and/or the enzymes needed to utilize calcium and phosphorus. This can be avoided by drinking two glasses of milk and eating some cheese daily. Cottage cheese with fruit would supply most of the requirements for good bones, with the exception of vitamin D. And cottage cheese is still one of the cheapest luncheon entrées on the market.

Even what we call "broken hip" may be a mere collapse of the bone, caused by osteoporosis. Not infrequently in these cases it is the neck of the femur at the hip giving way, or the lower vertebrae crumbling from the weight of the body, rather than a fracture of the hipbone. When bone cells are properly replaced with adequate diet—containing the needed protein, calcium, magnesium, and vitamins C and D—these "fractures" rarely occur. Of hundreds of studies made, osteoporosis has not occurred in persons receiving adequate calcium that has been well absorbed and retained.

When a true fracture does happen anywhere in the body, the diet for repair must be enriched with all of these needed nutrients, and megavitamin and mineral therapy must be given along with the cast and/or traction. In one study of persons whose bones had refused to knit, raising the protein to 160 grams daily alone accelerated repair. A high vitamin-E intake is also recommended for the prevention of scarring and stiffness, if the surrounding tissues have been damaged.

But the way to avoid the need for extreme, costly supplements is by preventive dieting. And that calls for regular, liberal amounts of milk and cheese.

"Milk and cheese," Phil mused sadly, kneading his firm midsection. "Won't I get fat on such a diet?"

"Not if you *balance* your calories rather than *add* to them," I advised. "With vitamin D fortified *skim* milk, you'll be receiving protein, calcium, and other nutrients without unneeded fat."

In powdered form, skim milk makes a healthful, taste-enhancing, inexpensive filler. Hamburgers, for instance, retain their size and moisture when mixed with skim milk powder. A few sprinkles can turn homemade bread or rolls, pancakes, mashed potatoes, and gravies into nutritional powerhouses. Besides enriching puddings and fruit dishes, powdered skim milk can be made into delicious, low-cost, low-calorie toppings.

WHIPPED SKIM MILK TOPPING

½ cup powdered skim milk
½ cup ice water
2 tablespoons lemon juice
¼ cup honey or raw sugar

Chill bowl and beater. Whip skim milk and ice water until soft peaks form (3 to 4 minutes). Add lemon juice and beat until stiff (3 to 4 minutes). Fold in honey or sugar, serve at once. For fruit-flavor toppings, use ice-cold fruit juice instead of icewater, thus adding vitamin C.

Combined with whole milk and other nutritious ingredients, skim milk powder produces some refreshing, bone-building beverages:

FRUIT MILK SHAKE

To 1 cup of milk add ¼ cup powdered skim milk, 1 teaspoonful vanilla, and any desired fruit (bananas, peaches,

apricots, pineapple, persimmon, strawberries, other berries). Mix in blender or beat and shake in jar until well blended.

Variation: Dried fruits soaked overnight may substitute for fresh.

CAROB MILK SHAKE

Combine in blender: 2 cups milk, 3 tablespoonfuls carob powder, two tablespoonfuls honey, 3 tablespoonfuls skim milk powder, vanilla to taste. Mix until smooth.

Variation: For an unusual flavor, omit vanilla and substitute buttermilk for milk.

Among "no-no's" in the category of bone care, alcohol and refined sugar rank high. The *New Scientist* (IX:72) warns that prolonged, excessive drinking, coupled with inadequate diet, can weaken skeletal muscle and bring on osteoporosis. Excess sugar has long been recognized as an enemy of teeth and bones.

Refined white sugar is nothing more than pure carbohydrate loaded with empty calories. Besides causing a host of ailments, it robs the body of precious B vitamins.

Compare sugar with blackstrap molasses, in which five tablespoons contain 258 milligrams of calcium, 30 milligrams of phosphorus, plus other vitamins and minerals. Fructose, or natural fruit sugar, is also available in stores. Unprocessed and unrefined honey contains a wealth of bone-building nutrients, while honey found in the comb is even richer nutritionally because it has not been tampered with in any way.

Fruit, especially, is enhanced by the taste of honey, as are other desserts. Sorghum molasses can be substituted for sugar in pie-baking to produce a richer flavor, while blackstrap molasses can do the same in cookies.

The European dessert of fruit and cheese is especially appropriate for mature people counting their calories and se-

curing the nutrients to keep their bones healthy. Certain cheeses easily accompany and enhance fruits of almost any season. This combination also makes a great snack with afternoon teas or with a glass of wine or milk before retiring.

Because cheese contains the complete proteins, it makes an effective, low-budget substitute for meat.

CHEESE LIMAS

3 cups large dried lima beans
water
1 large onion
3 whole cloves
2 tsp salt
3 tbsp brewer's yeast
1 tsp dry mustard
1 tsp Worcestershire
1 tsp soy sauce
1 cup shredded cheddar cheese

Cover beans with water. Stud whole, peeled onion with cloves. Add it and all other ingredients except cheese to beans. Cover. Simmer until beans are tender, about 2 hours. Remove onion. Turn into oiled casserole. Top with cheese. Bake in 350° oven until cheese is melted, about 10 to 15 minutes. Serves 6–8.

Variation: Substitute any dried bean of your choice. Work out your own favorite combinations of complete and incomplete proteins to make an appetizing, thrifty, and nutritious protein meal.

BAKED COTTAGE CHEESE OMELET

4 eggs, separated
1 cup creamed cottage cheese
1 tbsp butter
½ tsp salt
pepper to taste
¼ cup milk
4 tbsp minced green pepper
chopped parsley or paprika

Beat egg whites until stiff, and set aside. Beat egg yolks until thick and lemon-colored. If cottage cheese is lumpy,

beat until smooth or force through coarse sieve. Add cottage cheese and all remaining ingredients except egg whites to the egg yolks, beating until creamy and smooth. Fold in egg whites. Pour into oiled baking dish. Bake in preheated, 350° oven, 20 to 25 minutes, or until set and delicately browned. Garnish with the parsley or paprika. Serves 4.

CHEESE-MILLET LOAF

- 1 green pepper, finely chopped
- ½ cup milk
- 2 cups (1 lb) diced cheddar cheese
- 1 small can diced pimientos and juice
- 1 cup cooked millet or cooked brown rice
- 3 eggs, beaten slightly
- ¼ cup powdered skim milk
- 1 tsp salt
- ¼ tsp pepper
- 2 tbsp minced parsley

Simmer chopped green pepper in milk over low heat, 3 or 4 minutes. Add cheese. Stir until cheese melts. Remove from fire. Add all other ingredients, mixing well. Turn into oiled loaf pan. Bake in 300° oven, 25 minutes. May be served with mushroom or tomato sauce if desired. Serves 4–6.

Variation: Use loaf mixture to stuff scooped-out tomatoes, green peppers, fresh paprika. Bake as above.

As for healthful cheese desserts, the possibilities are endless.

NEW ORLEANS CHEESE-BERRY MOLD

- 1 cup creamed cottage cheese
- 1½ cups yogurt
- 1 cup honey
- ½ tsp vanilla extract
- fresh strawberries, raspberries, or blueberries

Beat cottage cheese until smooth. Add yogurt, honey, and

vanilla. Beat until very smooth. Pour cheese mixture into 8 paper liners (muffin size) placed in 2½ inch muffin cups. Freeze until firm—about 2 hours.

To serve, remove from paper liners and turn into serving dishes. Let stand 15 minutes at room temperature, to soften slightly. Serve with fresh strawberries, raspberries, or blueberries. Serves 8.

Note: If storing in freezer longer than 2 hours, freezer-wrap in parchment paper, then cover with foil.

COTTAGE CHEESE CHERRY PARFAIT

- 1 cup thick yogurt
- ¼ cup honey
- ½ tsp nutmeg
- ⅛-¼ tsp ginger (optional)
- 1 cup cottage cheese
- 1 can (1 lb, 5 oz) cherry-pie filling
- 1 cup graham cracker crumbs

Add honey, nutmeg, and ginger to yogurt. Whip until light and fluffy. Fold in cottage cheese. Alternate layers of mixture, cherry-pie filling, and graham cracker crumbs, in parfait glasses. Top with crumbs. Refrigerate until serving time. (Without graham cracker crumbs this dessert stays fresh for days.) Serves 7–8.

CITRUS YOGURT CHEESE SAUCE

- 1 cup yogurt cream cheese
- 1 cup honey
- dash salt
- 1 tbsp grated lemon peel
- 2 tbsp lemon juice
- 1 tbsp grated orange peel
- 2 tbsp orange juice

In medium bowl, combine yogurt cream cheese with other ingredients. Beat, with portable electric mixer, at medium speed, until smooth and creamy. Refrigerate to chill well. Yield: about 2 cups.

Many years have passed since my conversation with Phil Petrone. He no longer slouches, and he's even regained some of his lost height. He's "walking tall" again.

"Would you believe it?" he keeps marveling. "Not only did proper dieting save my bones. It saved me a bundle of money, too!"

10

Arthritis– The Great Crippler of Mature People

Arthritis is a rival to heart disease and cancer as something to be dreaded. It stands near the top of the list of serious afflictions. The number of arthritis sufferers is shocking, and they come from all levels of our population. Arthritis may occur in intensity from a first twinge in the hands or knees to the racking pain of twisted, crippled joints.

Only a few years ago medical science did not know much about arthritis, its cause, prevention, or treatment. Even today relatively little is known about many forms of this cruel disease. However, we do know a great deal about the form of arthritis which afflicts the majority of sufferers.

Known variously as arthritis deformans, rheumatoid arthritis, atrophic arthritis, and infectious arthritis—this is the infection of the joints characterized, in its more advanced stages, by swelling, deformity, and stiffness until finally the joint is incapable of being moved in its socket.

Symptoms of arthritis are easily recognized by the ways in which it sets about its diabolical job of gradual crippling. Unfortunately, too many persons pass off early symptoms as nothing more than momentary twinges, completely ignoring the warning. This is one of the reasons why arthritis has reached serious proportions and become such a medical enigma.

What are the early signs of crippling arthritis? It usually

starts with occasional twinges, of varying intensity, usually in the hands or sometimes in the knees. Not much attention is paid to "just a little pain." But over a period of weeks, months, even years, these pains grow more frequent and sharper. They spread to other joints and become even more persistent. At last, when he can scarcely stand the pain any longer, the victim usually decides to go to a physician. But by now treatment is long and offers little assurance of either cure or relief.

All hope, however, is not to be abandoned, even in the latter, more painful stages. Often a marked degree of relief may be obtained, even if the disease has progressed to the stages considered hopeless.

Arthritis attacks a joint, gradually destroying the cartilage around it and drying up the oil which lubricates it. When that has happened, the two bones grate together, causing severe pain and inflammation.

Nature, in an attempt to correct this wrong, gradually welds together the two immoveable bones by deposits of calcium. This results in a solid bone at the originally joined socket and the affected arm, hand, or leg can no longer be bent in normal fashion. Accompanying this disastrous change is the destruction of the surrounding muscle tissues; the flesh appears wasted and the knotty deformity of the joint is pitifully evident. Little or no motion at all is possible.

Even at this late date the case is not hopeless—many sufferers in this advanced stage of the disease have made remarkable progress; some have recovered sufficiently to resume normal activities, while others get relief from the torturing pain.

Enough about the effects of arthritis. What interests us more are its causes—and treatment.

Formerly, arthritis was thought to be caused by focal infections within the body: teeth, tonsils, appendix, were immediately suspect—and promptly extracted. But too often such drastic measures failed to eliminate the *causes* of ar-

thritis. Other causative factors were brought to light: underweight, overweight, anemia, toxemia, acid condition of the blood—all were found to be important contributing causes.

Emotional unrest and nervous conditions—fear, anger, nagging worries, discontent—also must be considered when looking for possible causes. An arthritic condition may be brought on or aggravated by a lymph stasis (stoppage of the normal flow of fluids in the lymphatic vessels). The lymph—colorless fluids, mostly blood plasma and colorless corpuscles—bathes every tissue in the body. When the lymph is poisoned from impurities in the blood, general toxemia results and is more likely to cause pain or swollen joints than if it were healthy and normal.

Searching out the dietary causes for arthritis, the archvillains in our modern diets are: sweets, condiments, coffee, tea, alcohol, and tobacco. A person suffering from arthritis in any degree should avoid carbohydrates, starches, and sugars as he would the plague. That also holds good for spicy foods, and alcohol and tobacco, too. Why? Every one of these culprits brings on an acid condition in the bloodstream—one of the principal causes of arthritis.

Purifying the bloodstream and keeping it free from acids and other toxic substances is the first step toward either avoiding or relieving arthritis. How? By changing over to the more natural, unrefined foods in the diet, staying away from white flour, white sugar, and other highly refined "manufactured" foods.

Still another cause of rheumatoid arthritis has been found: disturbed nutritional metabolism brought about by a deficiency of calcium, phosphorus, and vitamin D. Lack of vitamin C has also been claimed by some authorities to have a bearing on arthritic causes, because C affects bone development and provides increased resistance to internal infection.

The treatment of arthritis is a long process, requiring the utmost patience and cooperation on the part of the sufferer.

If this sounds discouraging, just remember that the toxic condition which leads to arthritis probably was developing for years; its ravaging effects cannot be overcome in a matter of hours or days. Much of the progress in treatment depends upon the patient's age, weight, heart condition, previous living and eating habits—the last almost sure to be all wrong since they more than likely were responsible for the arthritis in the first place.

Further, the amount of nerve energy, disposition and temperament of the patient, his environment—in fact, almost everything in his life—will have a distinct bearing on the degree of recovery attained.

My sincere message to all arthritics is "Be of good cheer," rather than "Arise and walk." A strong will to recover is better than any effort to rush the recovery; overnight results in arthritis treatment are just not possible. The sooner a patient in the advanced stages realizes and accepts this fact, the quicker eventual recovery will be.

In treating arthritis get as much rest as possible. Some cases should even remain in bed at all times; others must have at least ten hours' sleep each night, with a nap in the middle of the day.

Another important point to remember during the treatment period is not to try to bend or move the affected parts. As far as possible, maintain a state of immobility for the affected areas.

However, once a day, the arthritic joint should be exercised scientifically—either at home or at the office of an osteopath to break up the adhesions between the bones in the proper way. The joint is moved carefully a certain number of times; if this exercise is done correctly, each day it should be easier to move the joint a little farther a greater number of times.

Massaging the tissues surrounding the affected joints is also of great help. But great care should be taken not to massage the arthritic joint; this may only cause further irritation.

Another excellent therapeutic measure is found in baths—hot sulphur, epsom salt, or sea water—followed by a coldly-warm shower and brisk rubdown, again avoiding the affected joint during the rub. In some cases, sunbaths are recommended, as well as heat lamps.

Fresh air is important in the treatment of arthritis. The more oxygen taken into the system, the better. Also, fresh air and being outdoors creates a calming effect on a sick body.

An arthritic should refrain from hurrying and worrying. Jangled nerves place unnecessary obstacles in the road to recovery.

Weight plays a large part in many cases of arthritis. The overweight arthritic should reduce sanely; the underweight should try to put on a few pounds. Because anemia is an important factor when trying to avoid or overcome arthritis, the diet should contain plenty of iron-rich foods: apricots, raisins, prunes, broccoli, chard, egg yolks, dried lentils, mustard and turnip greens, and watercress. All these foods will help to build the hemoglobin to normal and attack arthritis from another quarter. A good supplement containing iron is also recommended.

One of the most effective treatments of arthritis is to fast completely for a day to free the body of accumulated wastes, enabling the treatment to work in clear ground.

Here is the recommended manner of undertaking the day of fast: before retiring on the night before the fast, take a small dose of a mild herbal laxative. This should be accompanied by plenty of water to expel all extraneous matter from the colon without causing panic in the peristalic muscles.

On the day of the fast, absolutely nothing should be taken into the system except pure distilled water. Drink as much as possible—at least a glass every hour. Distilled water will gather up and absorb certain impurities and unwanted mineral matter in the body. At the end of the day repeat the mild laxative dose.

On the following day, a fruit juice diet is recommended.

Besides continuing to cleanse the intestinal tract, such a juice diet provides an ideal way to taper off the fast; the liquids will continue flushing the colon, while the fruit will provide nourishment to the semiactive digestive organs. As a further benefit, the juice diet will help alkalize the system, a step necessary in the treatment of arthritis.

For a week after the day of fast, the diet should be expanded gradually by eating citrus fruit—oranges, tangerines, grapefruit, lemons, limes, apples, figs, pineapple, peaches, dates, berries, or any well-ripened fruit except bananas. And the drinking of distilled water should be continued. This diet regimen will change the tone of the intestinal flora (which is desirable in beginning the treatment of arthritis), and will also provide more solid nourishment in preparation for a balanced diet to be undertaken at the end of the seven days. Of course, each night during the week of the fruit diet, a small dosage of a mild herbal laxative should be taken.

At the end of this preparatory period, the diet may be adjusted as desired, following the list of foods (shown below) which are recommended for use in the treatment of arthritis. These are all foods low in carbohydrates, consisting mostly of alkaline fruits and vegetables and essential vitamins A, B-complex, C, and D. Such a diet is designed to rest the liver and supply it with the mineral elements necessary for flushing wastes through the kidneys and sweat glands.

Care must be taken to assure sufficient vitamins. Vitamin A, so valuable in fighting focal infection, should be taken in greater quantities than normal: 25,000 to 50,000 units would not be excessive for the purpose.

Vitamin B-complex should also be included because it is of great help in any sort of infection, particularly in the intestinal tract; this vitamin can be obtained from peas, lima beans, wheat germ, soy beans, whole grains, and egg yolks, as well as from cabbage, carrots, and tomatoes to some extent. A high-potency vitamin B-complex is also recommended as a supplement.

Vitamin C, which works directly on bone development

and aids in the maintenance of a healthy skeletal structure, is a must in a treatment of arthritis. This vitamin, in large quantities (2–3 grams), may be obtained from the use of oranges, grapefruit, lemons, and limes; also from ripe tomatoes and most leafy green vegetables and fruits.

Vitamin D—known most commonly as the "sunshine" vitamin—is extremely important in the treatment of arthritis, principally because it is needed with calcium for the most efficient utilization of this mineral by the body. Egg yolks are especially rich in vitamin D, as are fish liver oils.

The diet for arthritics is one in which all devitalized foods are conspicuous by their absence. No white flour, no refined sugar, no white rice for the arthritic. Buttermilk should be a major item in this diet, as should all greens, fruits, and vegetables (both raw and cooked). Also, the arthritic should drink plenty of celery and cucumber juice: combine half and half of each for a change. Because of its sodium content, this "cocktail" acts as a solvent on the calcareous deposits formed in arthritic joints. Another good practice is to add the juice of a line or lemon to a glass of distilled water and use for quenching thirst. This is specifically recommended.

The diet for arthritics must contain enough protein foods to maintain body metabolism. Protein is important as a building factor. The use of lean meats (no pork), ocean fish, and low-fat cheese is recommended. The vegetarian must not overlook protein's part, but his needs can be easily satisfied with nonflesh protein foods such as nuts, soybeans, eggs, and cottage cheese. However, do not lose sight of the fact that the treatment diet for arthritics places its emphasis on alkaline fruits and vegetables.

These are suggested "skeleton" menus for an entire day. Of course, they may be varied by the use of other permitted items in order to introduce variety:

Breakfast: Citrus fruit, pineapple or tomato juice; eggs; lightly buttered whole grain soybean toast.

During the Morning: Celery and cucumber juice.

Lunch: Vegetable broth; cottage cheese and fruit salad; or fruit and vegetable salad, lemon-oil dressing.

Afternoon: Celery and cucumber juice, vegetable broth, or sweet herb teas.

Dinner: Fruit or vegetable juice cocktail; lean meat or meat substitute, such as soybean nut loaf; baked potato, two lightly cooked vegetables or a large vegetable salad; fresh fruit, sweetened with a little honey if desired.

Before retiring: A cup or two of tea made with fenugreek seeds.

At the end of several weeks on the suggested diet regimen, it may be advisable to start over again with another fast and follow the process through the liquid diet into more solid menus.

Results are not always immediately evident. Do not become discouraged; along with good diet, you will also need large doses of patience and optimism. Arthritis is a stubborn disease, one which has developed over many months, even years. While neither I nor anyone else can guarantee a cure, the treatment program suggested in this chapter has accomplished great results in hundreds of cases of arthritis. So why not be faithful—and cheerful—and give it a chance to do the same for you?

11

How Are Your Kidneys and Bladder Behaving?

For years the mysterious connection between kidney disorders and arteriosclerosis (hardening of the arteries) defied all efforts at clarification. But science strongly believed these two diseases were "traveling companions" because they both increased at about the same rate in humans. This is especially true in middle and later years.

During the last decade, the proximity between these two common ailments has been uncovered, and as so often is the case, the solution was rather simple. Their discoveries, in part at least, may reveal why kidney disturbances are so prevalent in older people.

Most people think of the kidneys as storage plants for urine. But this is untrue. In reality, urine is stored in the urinary bladder.

The kidneys are highly complex filtering plants for purifying the blood, removing from it water and salts which pass into the bladder as urine. So complicated is the function of the kidneys that medical science has yet to fully unravel their entire secret. However, it is known that each kidney is a kind of double-walled cup within which is suspended a coiled blood vessel. This blood vessel, in turn, is directly connected to the main arteries leading from the heart. Every few minutes the heart pumps *all* of our blood through the kidneys. The kidneys purify this blood of toxic matter and return it to the heart. With each heartbeat, one-

fourth of the blood is destined for the kidneys for purification. The kidneys are constantly on the alert for poisons and toxicants in the bloodstream.

Every twenty-four hours our two kidneys secrete about 60 quarts of water. However, only about one quart is drained into the bladder to be expelled as urine. The remaining 59 quarts are reabsorbed by the blood vessels.

It is no coincidence that many so-called coronary "stroke" victims (a blood clot blocking the large artery to the brain) simultaneously may develop uremic poisoning—a condition resulting from a breakdown of the kidneys.

Physicians treating patients for high blood pressure often note that patients also have a slight kidney disturbance. The physician advises his patient to get adequate rest and "take it easy for a while."

While this is good advice it very definitely is not specific therapy for the kidneys, which are crying out for help. A kidney disorder, accompanied by high blood pressure, normally indicates a disturbance in the flow of blood between heart and kidneys.

To quote Dr. Boris Sokoloff, the specialist who became famous for his research in internal medicine: "We have just begun to realize that the kidneys are the real source of the abnormal elevation of blood pressure."

If you could unravel a kidney as one would a knitted garment, you would find that the two kidneys are constructed of approximately fifteen miles of extremely delicate tubing and about two million tiny filters. When you consider that the kidneys are not very large, you can well visualize that the tubes and filters forming the kidneys are tiny indeed!

The wall of the urinary canal is covered with cells . . . about 30 billion of them in both kidneys. Each of these 30 billion cells, in turn, extends about 100 tubes into the urinary canal through which the urine slowly flows. Each of the tubes must absorb the exact amount of purified water to be readmitted into the bloodstream, allowing the correct

amount to drain off into the bladder as urine. Your two little kidneys usually process more than 1,500 quarts of blood every day.

Like other organs, the kidneys continuously throw off dead cells; a sick or disturbed kidney sheds more cells than one that is well. When the urinary tubes (canals) become inflamed, mucus or pus passes from them—the same as occurs in the nose when disturbed by a common head cold.

These tiny clumps of mucus, along with dead cells, should be passed out of the body through urination. But as so frequently happens, the dead cells and mucus become lodged in the narrow tubes of the kidneys, shutting off the tube from its normal function.

When this happens to a number of tubes, the slowed-down kidney is unable to properly filter toxicants from the blood. As more and more toxic wastes build up in the blood, the heart must labor harder to bring fresh, purified blood back from the kidneys. Thus, one can easily understand the relationship between kidney disease and high blood pressure.

Over the years other experiments were undertaken to search for the relationship between a slight disturbance in the kidney and the resultant distress produced within the circulatory system.

One such experiment was conducted on a young doctor whose heart checked out absolutely normal but whose blood pressure after a minor illness had risen to a high point. His urine developed traces of albumin and the kidneys fell suspect.

The young doctor was placed on a diet of animal kidneys—mostly lamb and veal—and his blood pressure soon turned to normal. But when the doctor went off his animal kidney diet, his blood pressure again shot up. Experimenters concluded that animal kidneys were providing the missing element in the doctor's suspected kidneys.

Although the animal kidney diet completely cured the patient's high blood pressure—and the attending physicians

presented their findings to a local medical group—the medical profession, as a body, largely ignored this discovery.

It remained for Dr. Irvine H. Page and his associates at Indianapolis City Hospital to solve the mystery of high blood pressure as caused by improperly functioning kidneys. Two substances are secreted in equal proportions by normal kidneys—renin and antirenin. An injured kidney, however, will secrete more renin, and it is this excess renin which so often causes high blood pressure.

When speaking of a "disturbed" or an "injured" kidney, I do not necessarily mean that high blood pressure will show up the next day, or even within the year, after the kidneys are affected. Where high blood pressure has appeared apparently without valid reason, an investigation into the medical history of the patient has revealed that at some time in the past a slight kidney disturbance was experienced—possibly just a trace of albumin in the urine overlooked by some doctor. So the patient did nothing to correct an obviously abnormal condition until years later when high blood pressure put in an appearance. Probably the kidneys had been in a subnormal state after some childhood ailment—measles, scarlet fever, diphtheria, tonsillitis, or pneumonia was the cause. And most probably of all, some of the medicine and drugs which were poured down an unsuspecting patient in copious quantities had left their disastrous mark on the kidneys; I refer specifically to the indiscriminate prescribing of antibiotics and sulfa drugs.

My recommendation for counteracting any possible deficiencies in this organ caused by illness or strong medicines is this: Disease germs and strong chemicals cause irritation to the membrane linings within the delicate kidney tubes. Such an irritation excites the membrane, causing it to secrete mucus as protection against the germs and chemical irritants, such as occurs in the nose and throat against invasion of common cold bacteria. Perhaps all the mucus will eventually be flushed from the miles of kidney tubing; perhaps it will not. In the latter event, the kidney soon be-

comes a "disturbed" kidney and will manufacture more renin than antirenin. Renin is the original substance responsible ultimately for increased blood pressure.

The first and most logical safeguard to undertake against high blood pressure—and degenerate kidneys—is a thorough job of cleansing to remove the accumulations of mucus, pus, and dead cells. I know of but one safe substance which will accomplish the job without injuring delicate kidney cells: that substance is a tea made from fenugreek. Daily use of this natural mucus-solvent will gradually loosen old stockpiles of "hardened" matter within the kidney tubes, then eventually cleanse and soothe the delicate membranes. Once the tiny plugs of hardened mucus and waste matter are eliminated from the kidneys, it is only common sense to prevent their reforming. Therefore, I believe a daily beverage made from fenugreek seeds will maintain kidney function at normal—thus helping to reduce the possibility of high blood pressure.

Also, a generous supply of vitamin B-complex in concentrated form has been proved to help maintain the correct balance between the amount of renin and antirenin secreted by the kidneys.

Water, in plentiful amounts, is needed in high blood pressure cases to aid kidney functions. At least eight to ten glasses of liquid a day are essential; some of this may be in the form of fruit or vegetable juices or fenugreek tea. However, at least half the needed quantity should be imbibed as pure fresh water.

Because it is known as the "membrane conditioner," vitamin A has a direct bearing on the proper functioning of the inner lining of the kidney tubules. After the fenugreek tea has washed away all accumulated foreign matter and soothed irritated membranes, vitamin A can help the fenugreek in maintaining the mucus membrane in a normal, healthy condition.

Another affliction of the kidneys is stones which form from precipitations of uric acid, calcium, oxalic acid, or

mixtures of all these substances. Like gallstones, they may lie unnoticed in the kidney for many years; then one day make themselves known by excruciating pain called renal colic. One or more of the stones become lodged in the ureter (the tubes leading from each kidney into the bladder), causing the distress. The best-known method to combat formation of kidney stones is to drink an abundance of water, especially after middle life. Further, all foods with a high oxalic acid content must be avoided. For oxalic acid combines with calcium in the body to form calcium oxalate crystals. The hard, sharp crystals irritate the urinary tract and often clump together to form stones in kidney or bladder.

Foods Highest in Oxalic Acid

Cocoa	Chicory
Chocolate	Cranberries
Black tea	Endive
Coffee	Figs, dried
Sorrel	Gooseberries
Pepper	Plums
Spinach	Potatoes
Rhubarb	Various flours
Beans, green or dried	Strawberries
Bread crust	Nuts

This does not mean that you should not eat the foods above—of course you should, because many are important to good nutrition. But persons with kidney or bladder disturbances should also keep in mind the fact that these foods are high in oxalic acid and be guided accordingly.

Nephrosis, one of the more serious kidney diseases, is characterized by a collection of fluid, particularly in the legs, resulting in a dropsical condition. Although the disorder is primarily a deficiency of the kidney, it is due to a breakdown of metabolism, often brought on by a vitamin

shortage in the diet. Actually, nephrosis starts in a part of the liver which, because of tissue starvation, cannot properly condition the nutriments absorbed from the digestive tract. As a result, certain toxins are allowed to seep into the bloodstream, reaching the kidneys.

To a group of fifty nephrosis patients, J. W. Daniel gave substantial doses of vitamin C, plus niacin, continuing these two concentrates indefinitely. Most of the patients of nephrosis so treated reacted favorably.

THE URINARY BLADDER

The urinary bladder (not the gallbladder) is like a balloon of fibrous muscles, lined with a mucous membrane. A healthy bladder can hold about one quart of urine. However, nature provides for emergency by interlacing these muscle fibers so that they can expand considerably without bursting.

Nerves within the bladder wall end in tiny, sensitive bulbs which are nothing more than indicators to determine the fullness of the bladder. A desire to urinate is immediately telegraphed to the brain whenever the nerves sense the bladder muscles are tense.

There is still another reason why sometimes false reports on the bladder reach the brain, causing a command to be issued to urinate. If the mucous membrane which lines the bladder should become inflamed for any reason at all, the nerve bulbs will report an almost constant desire to urinate despite the amount of fluid actually present. Such a condition frequently accompanies a common head cold, probably because the same type of virus which irritates the mucous membranes of the nose and throat also inflames the membrane in the bladder. My advice to any one who suffers from bladder irritations is to drink fenugreek tea regularly. Fenugreek has a soothing effect on irritated mucous membranes, in addition to dissolving and flushing out the excess mucus secreted when such irritations occur.

If insufficient quantities of water are taken into the body each day to maintain proper balance between solids and fluids in the urine, then the solids begin to predominate. This may cause scanty elimination of urine; precipitation of solids, forming bladder stones (similar in cause and effect to gall and kidney stones); inflammation of the mucous membrane lining in the bladder. When the "normal amber" color of urine becomes too dark, it may mean too great a concentration of solids; therefore, more water drinking is obviously indicated.

More urine is secreted during cold weather because contraction of the blood vessels on the skin surfaces sends more blood to work in the kidneys. So, if during the winter you experience frequent desires to urinate, there is usually no cause for worry. However, if the desire for frequent, scanty urination continues throughout the night either winter or summer, prompt action is desirable. Chances are some abnormality of the kidneys or bladder may exist. If after drinking several glasses of liquid during the evening you have to urinate several times before morning, do not become alarmed. There is nothing wrong with the urinary organs; the amount of liquid may be the cause.

Also, do not become alarmed should the urine occasionally develop an unusual odor. Certain foods in the diet will cause the urine to exude a strong odor. Asparagus, for example, creates a most offensive smell shortly after consumption. This vegetable contains a substance which the kidneys do not want in the body, so they eliminate it. Beets, if eaten in substantial quantities, give a red coloring which resembles blood in the urine. Of course it is entirely harmless and should not cause concern.

However, a persistently dark red or smoky-hued urine is not normal and may indicate the presence of blood, originating from some inflamed or infected area within the urinary tract, and you should consult immediately with your physician.

From the above it is quite apparent that it is *not* because

we have grown older that the kidneys and bladder malfunction: it is because we have neglected our bodies for many years and the eventual rebellion takes place. But it is never too late to make amends. The body is a self-healing machine in many respects, if we give it half a chance.

12

When You Need a Doctor: How to Choose and Really Know Him

If you're in the statistical mainstream of the fifty-and-over population, there's a chance that you'll soon be faced with one of the most important problems of your life. Perhaps it's already happened. It goes something like this:

Your family doctor, who has been treating you for the last twenty or thirty years, announces that he's retiring. But don't worry, he assures you, because he is turning his practice over to his son, or he is selling it to a young physician in whom he has full trust and confidence.

Whoever the replacement, your first visit turns into a dismal dud. The new doctor, while straining to cultivate a proper bedside manner, appears tense; self-conscious almost to the point of aloofness. He's not interested in your past medical history, and when you describe your symptoms, his patronizing comments sound like he's really saying, "What else can you expect at your age?"

Indeed, after a speedy, superficial examination, he reiterates that attitude more firmly. "Don't forget," he says, "you're not as young as you used to be. The older you get, the more this sort of thing happens."

"What sort of thing?" you ask politely.

"What's the difference?" he replies, with a note of impatience. He hands you a prescription. "Here. Take one pill after each meal and another at bedtime. Call me in a week and let me know how you're doing."

Too many people are too intimidated by their doctors to ask questions and demand answers. As a result, if you're like the average patient, you walk out of the doctor's office with a prescription you may not need and often don't fill, not much understanding of your illness, and the same feeling of dissatisfaction you get when a salesperson talks you into buying a garment you aren't sure you really want.

What's more, you probably don't know much more about the doctor than you do about the salesperson. You didn't so much choose him as accept him, because he was the one who happened to be in when you called, and he agreed to see you.

Already ruffled, you turn downright flabbergasted, a few minutes later, when his receptionist hands you the bill. It's twice as much as what your last doctor charged! Rising costs, she explains. Your previous physician charged you less only because you were an old patient.

Now begins a search. You ask friends for recommendations. You consult the county medical society. You even ask your old family physician for suggestions. But whoever they send you to, you wind up dissatisfied. Why? you ask yourself. Sooner or later, the answer strikes you like a slap in the face: doctors don't like older patients!

This cruel fact emerged in a study sponsored by the Senate Special Committee on Aging. Here were some of the reasons given:

—most doctors feel that senior patients have conditions that are chronic and not subject to dramatic cures;

—they believe that most older people are hypochondriacs, not really in need of medical help;

—the vast majority of medical schools give no special attention to problems of the aged;

—many physicians regard patients over sixty as crotchety, simpleminded, and unable to follow advice;

—a large number of hospitals (where doctors do their interning) tend to slant their efforts toward the younger patients, whose cases are considered more "hopeful."

Of course, there are many exceptions—not all doctors are prejudiced against mature citizens—but how does one go about finding the exceptional physician? Reputation, of course, is an important factor, but by relying solely on other people's opinions, you could wind up making the same blunder as my friend Dorothy C. did.

Dorothy, age sixty-one, adores her new doctor. She thinks he is "real nice." He always greets her warmly and adopts a professional yet friendly attitude when he fills out her usual prescription for "a little something to make her more comfortable."

The doctor makes no tests, conducts no checkups, offers no counsel. Comfortable with him, Dorothy never inquires about her illness or the contents of her prescriptions. There is always good-natured banter between them, as the doctor regularly assures Dorothy that everything is fine.

Perhaps Dorothy's physician is top-notch, but there is reason for doubt. Because he's friendly and outgoing, he has an overload of patients—far more than he can treat efficiently. So instead of spending the time it takes to diagnose their problems, he finds it far easier to treat the symptoms only, with potent tranquilizers or painkillers.

Certainly, good doctor-patient relationships are important, but they must not be one-sided. Too many patients cloak their doctors in a godlike aura, thinking he can do no wrong. Unfortunately, this is not always the case, for as many medical surveys have shown, these worshipful patients are not getting the services they pay for and have a right to expect. Ultimately, they may suffer with deteriorating health or amplified illness.

You may already know that all physicians do not administer treatment equally and uniformly. Therapy for the very same disease or injury can differ widely from doctor to doctor with varying degrees of effectiveness in curing and healing.

The variance can be illustrated by the following incident involving my wife:

Two days before leaving for a holiday in Florida, she sustained a severe scald burn on her left foot when she accidentally dropped a kettle of boiling water.

We rushed her to the offices of a nearby clinic for emergency treatment. After examining the burn area, the attending physician covered it with a "newly introduced" healing gel and a light gauze wrapping. He assured my wife she could undertake the journey but suggested seeing a doctor in Florida for follow-up treatment.

The Florida physician, in removing the gauze wrapping, indicated he considered this an inappropriate treatment of the burn. He suggested leaving the burn uncovered so as to allow it to breathe properly, thus promoting faster healing. He also prescribed the painkiller drug codeine.

Unaccustomed to ingesting drugs of any kind, let alone such a powerful one as codeine, my wife experienced traumatic side effects from this medication. She was forced to terminate her holiday and return home.

A third physician suggested still another therapy, one involving a "plasticized fiber patch" much like a skin graft. She was also treated for the side effects brought on by the codeine.

Eventually, and after much suffering, my wife was directed to the world-famous Burn Center at the University of Michigan in Ann Arbor. Here she received the benefits of the most knowledgeable staff of burn specialists in the United States. Her injury quickly healed under their expert treatment.

Four doctors used four different treatments for the same injury!

Strangely, the average person has a tremendous inferiority complex when it comes to the medical profession. A potential client won't hesitate to ask a lawyer about his area of expertise, his previous track record, even his educational background. Cast that same client in the role of a potential patient and he clams up. Doctors for some reason aren't expected to establish their credentials.

Not that you would ask a doctor the same type questions

you would ask a lawyer. However, there are certain facts you should know before embarking on a course of treatment—which leads us to the cardinal rule in choosing your doctor.

Don't wait until you are ill. It's when you don't need medical help that you're able to use your best judgment. Make an appointment just to talk, or call the doctor when it's convenient for him to chat over the phone. Have your questions ready in advance.

If you're on Medicare or Medicaid, you'll want to know whether he accepts those allowances as his fees. If he has to write a prescription, will he use the generic name, which is far less costly than the brand name? Does he make home visits?

Though you may never need to be confined, ask the doctor about his hospital affiliation. Is it a hospital with a good reputation? Does it have provisions for dealing with special needs of your age group? On that score, some of the top ones fall far short of the mark.

It's a good idea to drop in on the doctor's waiting room during office hours. As you look around, what impression do you get? Does he seem to treat a fair number of patients in your age bracket? Do you get the feeling of a leisurely atmosphere or is he summoning and discharging his patients on an assembly-line basis?

The doctor you choose should be a general practitioner or, at the very most, an internist. Specialists are high-priced, and their expertise is limited to their own areas of specialization. Your physician is the one to decide if you need special care.

Family practice doctors receive training in *adult medicine,* pediatrics, and obstetrics and gynecology, and can take care of most adult and pediatric medical problems.

By all means be wary of the doctor who calls himself a "geriatrician" or "geriatrics specialist"—in other words, an "expert" in illnesses of the aged. Older people don't have their own special brands of illness.

True, certain ailments (for example, arthritis or prostate

trouble) are most prevalent among people of advanced years, but it doesn't take an "old-age specialist" to diagnose them. No doubt it helps if your physician is aware of disease statistics in your age group, but there is no reason why he should charge a specialist's fee for such knowledge.

Once you make your choice of a doctor, there can be no more decision-making until your first professional visit. And that's the time to shed your timidity. Remember that the doctor is working for you. You are, in essence, his employer, and you have a right to whatever information you need to understand your problem.

If he does anything that will cause your bill to rise, you're entitled to know why. *Why* such and such a prescription? *Why* do you need X rays? *Why* a diet that will jack up your food bills?

Most simple ailments improve by themselves, without the aid of costly (sometimes complex and dangerous) medication. Home remedies or treatments are often just as effective. Prescribed medications may make you more comfortable, but they often don't cure anything. If they are known to cause unwanted side-effects, your doctor is obliged to inform you.

A doctor should be willing to talk—to discuss your problem. If you sense that his pill-prescribing is a convenience to get you out of the office in a hurry, give yourself the benefit of the doubt—and find a new physician.

And while an internist or general practitioner is able to serve most of your health needs, he should be willing to refer you to a specialist if more-than-routine treatment is required. A thorough doctor is realistic enough to know his own limitations, and is willing to send you to a consultant if the problem is beyond his own competence.

Another basic question to settle is the doctor's attitude toward food and illness. Is he nutrition-oriented?

You should know that the average doctor, however capable he may be as a physician, has little education in nutrition. That is because only a handful of medical schools

teach it more than cursorily, and even those few have a supercilious attitude toward the subject. Nutrition, after all, is a form of preventive medicine; and under our present system there is little money to be made in preventive medicine.

My own doctor, as straight and shrewd a bird as they come, when I asked him once, "Do vitamins do any good?" retorted swiftly, "Yes—to the makers." I'm glad he knows more about everything else in medicine than he does about nutrition.

The "eat-your-way-to-better-health" treatment, expressed by nutritionists, means using whole grains, unrefined and chemical-free foods, plus dietary food supplements. This idea was shunned and ignored by the medical profession for many years. When asked by their patients about vitamins and minerals, most doctors replied, "You don't need them—just eat a balanced diet."

Usually neither doctor nor patient knew exactly what foods comprised a "balanced diet." Even governmental health agencies could not adequately describe that mysterious phrase. Is it any wonder people didn't eat a proper diet when they couldn't even find out what it was?

But the picture is rapidly changing. Many physicians now accept and promote the valuable role nutrition plays in health maintenance and health-restorative programs.

Confronted by overwhelming research, which proved that foods lacking in adequate nutrients can lead to serious illness, many doctors have undergone additional training in the field of nutrition.

Each year I get hundreds of letters from my readers, asking where they can locate doctors who are nutritionally oriented. Physicians with thorough nutritional approaches are difficult to ferret out because very few have adequate training to readily recognize symptoms of unbalanced nutrition.

Here is a list of medical organizations which you can write to for names of *medical nutritionists* or orthomolecular psychiatrists:

International Academy of Preventive Medicine
871 Frostwood Drive
Houston, Texas 77024

International Academy of Metabiology, Inc.
2236 Suree Ellen Lane
Altadena, California 91001

International College of Applied Nutrition
Box 386
La Habra, California 90641

Academy of Orthomolecular Psychiatry
North Nassau Mental Health Center
1691 Northern Blvd.
Manhasset, Long Island, New York 11030

Problems between doctor and patient do not always originate from the medical side of the health-care spectrum. Before you conclude that your physician is providing you with second-rate service, it is only proper that you examine your own traits as a patient. Perhaps, with just a slight change in your habits and attitudes, you and your present doctor can achieve a mutually beneficial health-care arrangement.

Here are a few ways in which you can help your doctor to help you:

(1) Cooperate fully with his instructions; abide by them as closely as possible. If, for some reason, you failed to follow his advice completely, tell him so. Don't make him drag it out of you. Without this knowledge, he may interpret his therapy as unsuccessful and attempt another (perhaps more severe) treatment. If you pay for his medical advice, it seems only prudent to give his therapy a chance to work.

(2) While away from the doctor's office, if questions concerning your health or treatment occur to you, jot them down. Too often, by the time you see your physician, you have forgotten some of them, and you end up paying for in-

complete services. This way you help conserve the doctor's time and allow him to give you more personalized attention.

(3) Out of habit and association with colleagues, doctors often speak in abbreviated or technical medical terms. If you do not understand what your physician is saying, ask him to state it in more simple language. Don't be embarrassed that you can't comprehend medical words . . . most people are in the same boat.

(4) As symptoms arise, jot them down in abbreviated language (pain in chest, swelling in ankles, and so on). Include any associate or side symptoms that may occur. Give the complete list to your doctor when you visit him. It will aid him in providing more thorough medical care.

(5) Doctors are busier at certain hours than at others. If you wish to have a comprehensive discussion about your health, apply everyday common courtesy by arranging for a visit during a slow period, when he has time to talk with you. You cannot expect him to sacrifice his other patients' time for a spur-of-the-moment conference.

(6) After the doctor has finished with his examination and his questions, it's time for you to ask your questions.

Don't be afraid to ask questions about your examination, your diagnosis, your treatment, or anything else that bothers you. It is part of the doctor's job to answer those questions. If he seems hurried or says he's too busy, then he's too busy to be a good doctor.

An American Medical Association brochure, *On Being an Intelligent Patient,* says, "You come to your physician for two things: his opinion and his advice. Do not lose sight of your objective. Before you leave, be sure that you are well satisfied on both of these points.

"And don't waste time apologizing for the questions you want to ask your doctor. If they are important to you, he is glad to answer them."

Still another major medical problem awaits many maturing adults. With the passage of time, there is a greater sta-

tistical likelihood that the question of surgery will arise. Each year, approximately twelve to fifteen million Americans, most of them middle-aged and older, entrust their health and their lives to a surgeon's knife. More than half of all hospital admissions are for surgery.

Here is what Dr. John H. Knowles, former head of the Massachusetts General Hospital, had to say about this widely employed healing technique:

"An incredible amount of unnecessary surgery is going on. Perhaps as many as twenty to thirty percent of all physicians gain financially through excessive charges for use of hospital facilities and by performing *uncalled-for-surgeries.*" (My italics)

Only a short time ago it became a routine practice for surgeons to remove children's tonsils and adenoids at the first sign of infection. Many such infections, given rest and proper diet, would have cleared up. More advanced cases might have responded to antibiotics.

Now, this "automatic removal" approach is shifting toward adult afflictions. Gallbladders, hemorrhoids, prostate glands, vaginal growths, and appendixes are all subject to "everyday surgery."

Once you're wheeled into the operating room it's a bit late to wonder if you made the right decision. So here are some guidelines:

1. GET A SECOND OPINION BEFORE SUBMITTING TO SURGERY

Unless delaying surgery would endanger your life, there is usually sufficient time to consult with another doctor. This procedure alone would reduce the number of unnecessary operations by approximately 50 percent according to medical authorities who specialize in surgery investigations.

When your doctor informs you that an operation is necessary, simply tell him you would like a second opinion.

Medical ethics dictate that your physician recommend another reputable doctor and supply him with all the information about your case.

Should your doctor ignore your request, then seek out a second opinion on your own. This can be accomplished either by contacting your nearest medical society or a reputable hospital association.

The extra expense of getting a second opinion (which may be covered by insurance when it involves surgery) is far outweighed by the benefit of careful medical care.

In all your dealings with your doctor, remember that he is an expert you have hired to help keep you healthy. You are paying him for a service, and you have the right to demand satisfactory service.

Remember, too, that your doctor can advise and recommend, but the final decision about what happens should be yours. After all, it is your body.

Getting a second opinion shouldn't be limited to surgery. If you are doubtful about any treatment, or if the doctor doesn't seem to be helping you, tell him you want to consult someone else.

2. VERIFY A SURGEON'S QUALIFICATIONS

Far too many people believe that any doctor who performs surgery is specially trained in that field. This is not true. Almost half of all operations performed in the United States are done by doctors who have not been surgically certified by one of the ten American Specialty Boards.

This is not an unethical practice. It simply indicates that these surgeons have not undergone the rigorous examinations set up by the boards to verify their surgical competence.

To judge á surgeon's ability, look at his diplomas on the walls. If he is a certified surgeon, he will proudly display his qualifications.

If he has not posted his certification, ask your county

medical society about his qualifications. If he has been certified by an American Specialty Board or the American College of Physicians (FACS) he has successfully passed the most stringent surgical requirements.

Of course, membership in these organizations is not an iron-clad guarantee of a doctor's competence. But it does highlight the fact that a surgeon has taken additional measures to prove and improve his diagnostic abilities and surgical skills.

3. HAVE YOUR SURGERY IN AN ACCREDITED HOSPITAL

Only about three quarters of the nation's hospitals are certified by the Joint Commission on Accreditation of Hospitals (JCAH). The standards set by this commission are not particularly high, but they do initiate certain procedures helpful in minimizing unwarranted surgery.

When your surgeon is affiliated with an accredited hospital, you have a better chance of avoiding a needless operation. You can check out a hospital's accreditation simply by calling its business office.

An accredited hospital strives to protect its reputation. For this reason it is ever watchful for medical chicanery or needless surgery that could taint its image. This provides a little "extra insurance" against being victimized by unnecessary surgery.

4. GET THE FULL STORY—BEFORE SURGERY

Speak up, ask questions, demand answers. Many patients blindly accept their doctor's recommendation without asking why surgery is needed, what the risks of surgery are, and whether or not there are *alternative therapies.*

As a patient, you have the right to complete and current information concerning your surgeon's diagnosis, treatment, and prognosis, in terms you can fully comprehend.

You also have the right to all pertinent information necessary for you to make a decision regarding surgical treatment.

In an era of rising medical costs, surgery can be a very expensive undertaking. If the only insurance you have is Medicare, it may pay only a small portion of the total cost. Medicaid is not available to everyone in your age group.

Under difficult financial circumstances, you might look into a growing new system of medical treatment—the group or partnership. It consists of general practitioners, specialists, and surgeons who have joined in a single clinic-type unit. By pooling their resources and working under the same roof, they are able to charge rates that are a good deal lower than private fees.

Surveys have indicated that the level of competence is quite high in group practices. That's because the doctors have a built-in check-and-balance system over one another, and they're all working to enhance the reputation of their pool.

You may be living in a community where all the "legwork" has already been done for you. That is to say, there are social service organizations that have compiled medical directories for senior citizens. They list doctors who have indicated a willingness to treat older patients. They also specify the doctors' fees and their attitudes toward Medicare and Medicaid.

When seeking medical help, it is always important to remind yourself that doctors are human beings, subject to the same strengths and weaknesses as the rest of the human race. They're working for a living, and depend on you for their income. The Chinese, for centuries, recognized this fact in their system of compensation. Chinese doctors were paid only when their patients were well. During illness, payment ceased.

There is never reason to enter a doctor's premises with hat in hand, as the saying goes. If Medicare and Medicaid are now your only resources, remember that those funds

were built on money you contributed during your working years. A portion of your taxes probably helped to educate your doctor, as well.

Under such circumstances it's not you who owe him any special deference.

13

How to Delay Premature Old Age

I expect to be in a very fit condition when I reach the age of seventy-five. Do you? (At this writing, I am two months short of my seventy-first birthday and in tiptop condition.)

I assure you that it is entirely possible. However, a pleasant active old age is one that must be worked for, starting the very second you read these lines. Like everything else worthwhile, some effort must be expended to achieve the kind of old age you wish. Whether you are sixteen or sixty-six it is possible for you to work toward good health, a younger-looking, more vibrant you, and sound mental faculties in your later years.

That great health teacher, Dr. Robert G. Jackson of Canada, proved what can be done under a commonsense health regimen. At the age of fifty, Dr. Jackson was completely worn out; he had to give up his medical practice because he had from only six months to a year more to live. Although only fifty, he looked more than a hundred. Dr. Jackson, as he told it himself, was an imperfect example of all the destruction a man can inflict on his own body by letting the physical machine deteriorate.

But Dr. Jackson was determined not to die! He mustered enough strength to begin studying the principles of *natural living*. Medical science had failed him, as it had failed thousands of others, so he turned to the wisdom of good nutrition through natural foods, whole grains. He experimented

with exercises designed to strengthen and preserve aging muscles.

At the end of the year, Dr. Jackson was not dead. Nor was he dead twenty-five years later when I met him for the first time. He was a delightful vigorous man with pep and bounce few men in their forties can rival. We had lunch together that day and it was a great honor for me to meet one of the pioneers in the field of healthful living.

Imagine my surprise, when it came time for dessert, to hear Dr. Jackson order pie à la mode and coffee.

"I may be speaking out of turn," I said, "but after all your preaching for the cause of sensible eating, here I find you eating two pieces of pie and drinking two cups of coffee."

Dr. Jackson gave a hearty laugh before replying. "My boy, ninety percent of the time I live strictly by the laws of health. But the other ten percent I allow myself for a spree. Today I'm having my pie-and-coffee spree. I have found that if a person follows the rules of health rigidly for ninety percent of the time, on the occasions when they wish to fall from grace a little, the damage is counteracted by the days of sensible living. Besides, an occasional splurge gives everybody a mental lift!"

I learned a lot that day from a man who had licked death and found old age to be fun. There is a mental, as well as a physical, side to sane living. That is why I have tried to teach the principles of health the easy way. To become a crank on any subject is to warp your own life and to cast a shadow on the lives of others around you. Sin occasionally, if you must, on holidays and special occasions, then repent.

Contrary to the general idea, we are never too old to learn. A man of forty-three learns even more readily than the child of twelve, and there is no decrease in one's ability to learn until after fifty—and then only at so slight a degree as to be of small importance. Determination can more than offset any slight lessening in mental agility.

History records some outstanding instances of longevity. Pliny refers to a musician who looked at 130 like a man of

50. A midwife who attended the wife of King Charles I of England is said to have lived to be 123. Old Parr (Thomas Parr) of England is credited with living 152 years. Robert Tyler of England was born in 1764 and died in 1898.

In 1925 there were about 7,000 persons in Eastern Europe who were over 100 years of age. But because of our foolish eating habits and widespread use of devitalized foods, my guess would be that nowhere in the so-called "civilized" Western countries could there be found the same percentage of persons past the age of one hundred—either in 1925 or today.

A well-authenticated case of life prolonged by a simple diet and change of habits is that of Luigi Cornaro of Venice, Italy, who was born in 1464 and died in 1566 at the age of 102. At the ages of 83, 86, 91, and 95 he wrote four treatises on "The Art of Living Long."

Cornaro was a well-to-do man who had indulged in a free and easy life until he was past forty, when his health was shattered by excesses. He was advised to adopt a daily diet of ten ounces of simple foods with a small quantity of wine. Cornaro did not only recover his health, but renewed his vitality so that he was able to mount his horse at ninety without assistance. Furthermore, his disposition had changed radically from that of his younger years when he was extremely irritable and easily angered.

The following paragraph taken from Cornaro's First Discourse merits reading: "It is thus clear that neither melancholy nor any other disorder can seriously injure bodies governed by the orderly and temperate life. Nay, I shall go still further, and assert that even accidents have the power to do but little harm, or cause but little pain, to the followers of such a life."

Some 400 years later, science has confirmed Cornaro's belief that good, simple nutrition is the main factor in deferring "old age." Eminent authorities claim that aging is actually a progressive decline in vitality; therefore, because vitality depends on what you eat and how your body uses it,

vitality and nutrition are inseparable. One modern scientist declares that many of the so-called signs of premature senility in human beings are really signs of diet deficiencies which have persisted for many years. For instance, teeth at fifty are determined by diet at five; nutritional sins starting with childhood and continuing daily thereafter cast shadows on the health of the man or woman of fifty and sixty. I do not say that irreversible harm has been done by these early nutritional mistakes, but the sooner they are recognized and counteracted, the greater your chances for an old age out of a wheelchair.

Premature aging (and I consider any signs of age before seventy-five as premature) is a chronic trend of disease, a long-continued disease of malnutrition or wrong eating. However, even after the aging process has been going on for some time, it can be arrested and reversed by proper diet. Since many signs of old age are caused by lack of certain essential food elements (vitamins, minerals, amino acids), recovery begins when these substances are taken regularly and in large amounts. Often, many of these signs of premature old age disappear altogether—arthritis, poor vision, deafness, forgetfulness—with proper diet, rich in the essential food elements.

Scientists at Columbia and Cornell universities have lengthened the span of life and increased the degree of youthfulness in generation after generation of laboratory animals by giving them special diets. These diets contain more vitamin A, more riboflavin, more minerals, more amino acids—and less sugars and starches. I recommend that any person after middle age should cut down on his intake of grain products, whole wheat or otherwise. Breads and cereals have too high a starch content for the older digestive system to accommodate easily; therefore, the essential vitamins and minerals usually obtained from whole grain sources in earlier years can be utilized more efficiently by the older body when taken as food supplements.

Now that science recognizes old age as a disease which

can be controlled or checked, at least partly, through the foods eaten, there is much encouragement for those seeking "the fountain of youth." Dr. Martin Gumpert, the noted New York specialist, declares that people over forty belong today to a generation which should live to 100, and that your chances of reaching 100 are at least 20 percent better than they were in 1910. Dr. Gumpert was safe in making this prediction because science is at last attacking the problem of deferring old age, and health teachers have long pioneered in caring for the body the natural way through knowledge of the importance of vitamins, minerals, and amino acids.

Without question, more bodies *rot out* than wear out. Illness and pain, and the so-called symptoms of old age, are not due to a lack of life and vitality in the trillions of cells which make up our bodily structure; rather, they are due to the fact that we fail to rid our systems of wastes and impurities which clog the cells.

Hence, the first step toward renewed youth and vigor is to cleanse the body cells of impurities that shut out bloodstream fluids—the "elixir of life."

A plant withers and dies when it lacks water; body cells in man would likewise dry up eventually if deprived of the fluids which bathe them. However, since there is usually plenty of moisture available for human cells, at any age, through the bloodstream, and the supply of liquids is renewed during the day by means of water taken by mouth, evidently the aging process in man is not due to lack of moisture for the cells. It goes beyond that. The human body gradually ages and dies because of the cells' inability to absorb the necessary moisture. This is because the cells are often clogged with waste matter (mucus) and other impurities thrown off by the living cells, yet uneliminated.

The cells of the human body resemble those of a sponge in that through inaction they become coated with impurities which harden their surface until, in time, they become atrophied and can no longer absorb enough of the moisture

around them to maintain life. That is when the signs of age begin to appear, multiplying fast. The skin becomes parched and wrinkled, the flesh flabby. Your cells are drying up, losing their life, shortening yours. You must get moisture to them at once!

How can this be done by the average man or woman, without special advice or guidance? The answer is easy: S-T-R-E-T-C-H!

Stretch, as animals do by instinct and for a similar purpose—to free the body cells from hardening and atrophy, so that they can absorb the moisture needed for life. Wild animals stretch without consciously knowing why; and they live to five and seven times the age of maturity, while man lives to only two or three times his years of maturity. The animals also retain their youthful strength and vigor for five-sixths of their lifespan. Does man do as well?

The popular football coach and trainer, Walter Camp, chanced to visit a zoo. As he watched the great cats and other wild animals in their cages, he began to wonder how they managed to retain their health, strength, and appearance of youthful vigor when confined in cages, after the free activity of life in the jungle or on the wide plains of Africa and India.

Camp made a close study of the zoo animals and noticed that, except for occasionally pacing in their cages, their sole exercise consisted of stretching. In every possible way, the animals stretched, thus exercising every muscle in their bodies. Every limb, every joint was stretched regularly. Their backs were arched so as to lengthen their spines; after each period of stretching they relaxed. His problem was solved! Very soon Walter Camp had devised a set of exercises for human bodies confined in homes and offices called the "daily dozen."

When you stretch, your body cells are contracted, just as a sponge is contracted when it is squeezed. While contracted, sponge and body cells alike are cleared of waste matter and impurities; when relaxed, both types of cells are opened

again. At the moment of relaxation in the human body, blood fluids flow into the cells, promoting new life and vigor. The more you stretch, the more chance the cells have to receive the moisture so essential to their life.

For health and vigor: Stretch . . . Relax . . . Stretch again . . . Relax . . . Frequently!

Godfrey Rodriguer presents a revised version of correct breathing exercises: Exhale! The idea is to practice expelling all the air you possibly can, through the nose, thereby creating a vacuum within the lungs. Since nature abhors a vacuum, the lungs are promptly filled with oxygen, in the correct amounts, as air rushes into the empty lungs. To exhale in this manner, contract the abdomen and expel a great deal of air from the lungs, thereby exercising its muscles. When the air rushes back into the lungs, the chest muscles expand. With a few seconds of experimentation you can prove to yourself the obvious advantages of this advanced theory of breathing exercises over the old inhale system.

To retain the activity and zest of youth, with its charm of figure and bodily beauty, avoid fat, the enemy of long life. Start the vigil against unwanted fat by watching your waistline! Physicians regard the waistline as the lifeline. It covers the vital region of the body and is the real zone of youth. Vim, vigor, vitality, vivacity depend upon keeping your waist slim and healthy. It must not be allowed to become flabby or fat; if it does, the whole body will be affected, becoming soft and sluggish. Further, there is a direct link between overweight and disease.

The Rodriguer method of exhaling has a direct effect on the waistline, helping to keep it within safe, healthy limits. Deep exhaling involves drawing in the diaphragm, an important muscle used in respiration and situated between the chest and abdominal cavities.

Those who lead sedentary lives can relieve one common form of congestion by stretching the spinal column frequently during the day. Sitting hour after hour, or a careless posture while standing, presses the vertebrae of the spine

together. By stretching the spinal column you can obtain practically the same relief as the animals in the zoo when they arch their backs and stretch. Standing, sitting, or lying—it is well to straighten up, now and then, arching and stretching the spinal column. This instills new vigor into the spine and into the back and abdominal muscles.

Sickness and old age are no longer regarded as necessary and normal evils.

Under proper conditions of correct food and waste disposal, living cells of every type are capable of living indefinitely in undiminished vigor.

Health, strength and resistance to the encroachments of age depend upon the kind and quality of your daily diet. It is logical that the quality of the body must depend upon the material employed in its building. Practically every disease suffered by man, from defective teeth to the ravages of cancer, is caused, partly at least, by food deficient in the essential elements which the body must have . . . or else die.

Thus, the wiser course throughout life is to watch your diet, rather than to spend your days fighting off disease and disability, dreading old age. Make a habit of eating foods that build life instead of those which initiate decay and death. Be good to your body, temperate in thought and deed, and the latter years of your life will not be "old age" but advanced living.

PART II:
Your Mind and Maturity

Ways to avoid unnecessary senility, premature mental aging, dulling and diminishing of the sensory powers. How to achieve and maintain complete "awareness" during your mature years. Relaxing tension and soothing jangled nerves.

14

Your Precious Brain– Don't Let It Grow Senile

Two acquaintances of mine—whom we'll call Mort and Allan—have near-identical problems. Both suffer from extremely poor memories.

Introduce Mort to somebody and he'll promptly forget their name.

Allan might listen intently to a set of simple directions, yet invariably lose his way.

The two of them are exasperating when it comes to keeping appointments, paying bills, and remembering important dates. Even if you say to one or the other, "Write it down," he'll promptly misplace the memo and forget where he last saw it.

At social gatherings, Allan tends to become a bore, because he repeats the same stories over and over. Mort sometimes asks a single question three or four times in the course of an hour, as if each time is the first time. They're always losing things like umbrellas, packages, and important papers.

Despite their memory problems, both men have been successful in business. Their intelligence is above average, and they are well-educated. They get along well with friends and family because they have generous, likable personalities. Both are in reasonably good physical shape. Allan is sixty-seven years old; Mort forty-four.

From what, would you say, are they suffering? Almost al-

ways, when I put this question to mutual friends, I get two different answers. Mort, they say, is eccentric—maybe neurotic. Allan, I'm told, is neither; he is simply turning senile.

Senile . . . senility. How often these words crop up not only when the young talk about the old, but among the elderly themselves. When was the last time *you* were caught in an act of forgetfulness, talkativeness, daydreaming, or similar lapses, and explained, hopelessly, "I must be getting senile"?

Why is it, when people who work all alone start talking to themselves, it's shrugged off as an occupational trait? Yet, when a retired senior citizen, immersed in a hobby, starts thinking out loud, it's considered to be a sign of senility.

When younger, did you have frequent nightmares, react sharply to sudden noises, lose your temper easily? In those days you were no doubt considered high-strung or very sensitive. Today, those same traits are supposed to make you senile.

What is this mysterious, malevolent condition known as senility? Few people can define it, yet turning senile is probably the most terrifying of all the fears that maturing people face. Is senility inevitable for some persons, avoidable for others? Just as there are classic schizophrenics or classic paranoids, is there such a thing as a "classic" senile?

Why senility?

Since the dawn of modern medicine, senility was considered the result of hardened brain arteries, which, in turn, caused degeneration of brain tissue. But when autopsy techniques became more sophisticated, it soon became apparent that there is no such thing as a senile brain per se. Some people who remained sharp and alert until death in their nineties had far more damaged brains than their senile peers. Conversely, many a senile subject died with the brain fully intact.

It was then assumed senility might result from an insufficient blood supply. A weakened heart and inelastic blood

vessels can't supply the brain with proper oxygen, glucose, and other vital elements—therefore it can't function up to par. But here, too, doubt has been cast, because tests have revealed many nonsenile persons have poor circulation while an equal number of senile patients have an adequate blood flow to the brain.

While brain damage and poor circulation have not been completely eliminated, at least as contributing factors, neither do they stand as *the* only cause of senility. At the same time, other possibilities are under consideration—hormonal imbalance, poisonous substances in the body, and hereditary factors to name a few.

In the meantime, psychology and psychiatry, over the years, have had to reassess their estimates of senility. Certain types of irrational behavior, once considered strictly the results of aging, were subsequently found to have other causes.

It's been determined, for example, that many so-called "seniles" are suffering from severe anemia, caused by internal bleeding or lack of iron in the diet. Once the anemic condition is corrected, eccentric or errant behavior ceases.

If you've been a heavy smoker for much of your life, you're flirting with still another cause of mistaken senility. That's because smoking is one of the prime causes of emphysema, the lung disease that denies oxygen to the blood and organs. Often, all it takes to remedy (but not cure) the symptoms of emphysema is to stop smoking. With improved breathing, your oxygen intake is increased, thus enabling your brain to function once again at full efficiency.

In lands where iodine is lacking in the soil and in the diet of the population, there is a high rate of cretinism—a disease affecting mental behavior. Science has known for a long time that insufficient iodine causes the thyroid gland to malfunction, and a diseased thyroid can cause mental illness.

Only recently did researchers attempt to establish a connection between senility and thyroid function. Sure

enough, it was discovered that the condition could result from underactivity or overactivity of this vital gland. By curing their thyroid illnesses, many older people were also "cured" of their senile behavior.

Other causes, ranging from low-grade infections to hydrocephalus (water on the brain) have been uncovered. With proper treatment of these physical disabilities, the patients' "aging" symptoms were either eliminated or brought under control.

Then why are certain behavioral symptoms so prevalent among the elderly? If a woman has been anemic since her fifties, why does it take her until seventy or eighty to start losing her mental faculties? Why is the man who smokes heavily, who developed severe emphysema thirty years ago, only now acting dotty?

As in the case of any illness or disability, it seems to be a matter of resistance and/or accumulation of abuses. Some people are vulnerable, some aren't. Susceptibility to any sickness is dependent on factors such as heredity, climate, and life-style.

The food we eat, the air we breathe, the amount of exercise we take, the physical insults we heap upon ourselves—these and thousands of other factors, added together, determine our vulnerability. In the case of weakening mental faculties, there is one other element that must be considered—the *psyche.*

For when all is said and done, there nevertheless remains a percentage of citizens over sixty who develop senile traits in spite of excellent physical health. All their lives they ate well, slept well, got plenty of exercise, and never suffered serious illness. Yet, upon reaching their sixth, seventh, or eighth decade, their minds start to go. Even at their lowest points, their bodily organs, including their brains, test out in excellent condition.

What went wrong? The answer seems to be an accumulation of psychological causes.

Foremost on the list is anxiety—not a fear of something

real and imminent, but an insidious, growing inner turmoil that often is unrecognized. Ask yourself if one of these events has happened in your life:

You are about to retire from a job you held forty years. In one terrifying moment you'll be faced with a double prospect. Your income may be cut by as much as 75 percent, and you'll be left with lots of idle time on your hands. *Anxiety.*

Your husband has just passed away. You lived together for fifty years. Now, abruptly, you're alone. He left you financially secure, but you face days and nights of dire loneliness. What if you become sick and helpless so you can't even reach the phone? *Anxiety.*

When your daughter, who you feared was turning into a spinster, announces her wedding plans, you're overjoyed. Afterward, when she moves out of the house, you're sad—not because she deserted you but because she no longer depends on you. In fact, you may feel nobody in the world "needs" you anymore. *Anxiety.*

A certain amount of anxiety—or fear—is natural. It comes in many sizes, at all ages. Among the young, when anxiety grows so strong it causes eccentric or harmful behavior, the condition is neatly labeled "anxiety neurosis." When the same symptoms occur in the senior generation, they are conveniently packaged as senility.

It is important to recognize anxiety in yourself because if allowed to grow unchecked, it can trigger a veritable chain reaction of senile symptoms. Of course, anxiety is not a condition you can turn on and off like a light switch, but it can be faced and dealt with squarely.

All of us have read about people who used to walk the street in sloppy, torn clothing, begging for handouts, searching for food in garbage cans. When they finally died, their basement cold-water flats were found to be littered with thousands of dollars—sometimes hundreds of thousands.

Though anxiety was not necessarily the only cause of

such behavior, it was certainly a contributing factor. Except for the very wealthy, fear of poverty is on every retiree's mind. The more vulnerable ones retreat—first into frugality, then miserliness, finally into the very poverty they're trying to avoid!

This is not to say that poverty is an unrealistic fear among the over-sixty population. Nearly everybody faces financial changes when productive work ceases. The solution, however, is not to retreat into senile behavior, but to deal with the problem rationally.

Have you ever considered a "trial" retirement? Instead of waiting for that fateful day when you're eligible for Social Security and/or pension, why not see what retirement life would be like beforehand?

Take a vacation or a leave of absence, but this time, try to duplicate all the conditions you'll be facing when you retire. Live only on the money you'd have if you retired today. No vacations, now, if you can't afford them. All spending must be trimmed—no more fancy restaurants, no more drinks with the boys, only an occasional trip to the movies for your entertainment.

Try, also, to create in advance your general existence. Do you actually enjoy lolling around with nothing to do? Have you enough outside interests, social contacts, hobbies to occupy your day? Maybe you should take a part-time job, not just for the extra money but to fill idle hours. Or maybe you shouldn't retire at all!

Many working people have come to this conclusion, but only after retiring, when it is too late. By then they're not likely to be rehired, and any other available job will probably fall far below their talent or interests.

Untimely retirement has caused many cases of senile behavior. Financial fears are only one of the contributing factors. Of equal importance to the retiree is the feeling that he is no longer a productive member of society. He feels categorized, pigeonholed, having taken that final step into the "older" generation. From there it's just a short step to

believing himself inadequate, unwanted. And, without realizing it, he enters one of the first phases of senility . . . depression.

Allowed to grow and fester, depression can lead to self-pity. Which is why many older people cry easily, bemoaning their fate at the hands of a cruel world. Their obsession is termed senility.

Some react in quite the opposite manner—with hostility. They are easily offended, testy, short-tempered. Nothing seems to please them, especially if it comes from younger people. Once this trait becomes excessive, uncontrollable, it is regarded as senile behavior.

To be sure, many opposing symptoms are two sides of the same senility coin. A fearful person might rid himself of his anxieties by talking about them excessively, or he might retreat from them into a world of silence. Dread of illness can lead to reclusiveness (to avoid germs) or to severe hypochondria and frequent trips to the doctor. Some people, concerned about losing their youthful agility, give up all physical activity, while others attempt to perform reckless feats of derring-do.

Frequently, it takes only a single incident to bring out odd behavior. The death of a close friend might stir up one's own fear of dying. A broken bone or the need for surgery causes many older people to think they've turned brittle or sickly. Sexual impotence, changing bowel function, momentary loss of balance, or any other temporary condition, can easily be magnified into signs of bodily deterioration.

The list of causes leading to senile effects could fill volumes. For men, retirement stands in the forefront of psychological factors. For women, it seems to be widowhood.

Does this mean that a certain percentage of retirees and widows *must* drift into eccentric behavior? Not by any stretch of the imagination. Given a healthy constitution, there's no reason why anyone must turn senile.

Retirement can also be the beginning of a new and productive life. The loneliness of late-aged widowhood can

likewise be turned into a period of self-fulfillment. If you're in one of these boats or in a similar situation, if you're feeling the first pangs of anxiety, the time may have come for you to reshape some of your values and restructure your image.

To start with, are you one of those senior citizens who've been ostracized by younger people? Do you sometimes wonder why certain friends of yours, many of them older than yourself, are always welcome at youthful gatherings, while you're never invited? Why is it that the best you can say for yourself is that you're tolerated by others?

Could it be that you spend too much time reminiscing about pointless, meaningless topics? Or perhaps your conversations dwell too much on subjects like death and sickness.

Remember that the young and the middle-aged don't like to be reminded that they will one day grow old. Nor do they care to be bored by personal memories, which may be meaningful to you but removed from their experiences. Nostalgia and memory lane are nice places to visit, but one shouldn't want to live there. It would behoove you to become more familiar with younger people's goals and interests, and converse with them on their level. Naturally, this doesn't mean you should start dressing like a teen-ager or talking in the current jive. If you disapprove of another generation's behavior or attitudes, there's no harm in expressing your disapproval in a courteous, respectful manner. If something out of your past can be helpful or instructive, listeners will be glad to hear it, provided you express yourself not as a "wise old codger" but as simply another member of the group.

In seeking ways to occupy empty hours, your choice of a hobby can be crucial. The ideal avocation is one which gets you to socialize while stimulating your brain into action. Bridge or chess clubs offer such advantages. So do adult education courses. Nature walks and birdwatching offer a third benefit: physical fitness.

Endless TV viewing is no hobby. Neither is knitting. Even too much reading or excessive listening to music can be stultifying. If you're an avid reader or music lover, by all means enjoy these pursuits, but don't let them turn you into a hermit. Stamp collecting, aquariums, and model trains may be great for youngsters, but unless you're a homebound invalid, at your age it's better to travel to your hobby.

Your choice of friends or social groups is equally important to your mental well-being. Individuals who only talk about their troubles are bound to depress you and impart their anxieties to you. So-called golden age clubs or senior citizens' centers are excellent gathering places, provided they're oriented to stimulating activities, not to endless complaining and gossiping.

If you have an insatiable yen to return to work, don't be timid about it. Employers know that there are many advantages to hiring people of your age. Statistically, there's less absenteeism in your age group, and fewer accidents on the job. Often, you're also equipped with experience that you can impart to the younger co-workers.

When searching for a job, especially after being absent from the labor market for a number of years, it is wise to set realistic goals for yourself. Aim for an occupation in which you can apply your existing skills. Avoid work that requires excessive speed or is loaded with pressure. Most of all, don't take a job requiring you to work longer hours than you're capable.

And at all times, whether working, pursuing a hobby, or sitting at home alone, never lose consciousness of your self-image. The old lady in tennis shoes has become a stereotype of all senile women. For males, it's the man with his trousers unzippered. Rightly or wrongly, younger people have programmed reactions to the sight, sound, and smell of older ones.

Sloppy clothes, dirty skin, body odor, and bad breath are associated with senile mentalities. And one of the surest

ways to become senile is by encouraging others to treat you like you're senile.

Meanwhile, as you concentrate on the psychological pitfalls, remember too that poor physical health is another route to the eccentricities and aberrant behavior called senility. Between periodic medical checkups, exercise and healthful eating must be maintained.

Just as senility is not a single condition, but a combination of conditions, no single food can be considered a preventive. There is a broad cause-and-effect relationship among the various nutrients and the symptoms of senility. And science is forever uncovering new interactions.

Anemia, for example, has always been associated with the lack of iron in the diet. In recent years, the absence of another element has come to the fore in certain types of anemia: vitamin B_{12}. This is especially significant, because B_{12} deprivation is a known cause of a dietary disease that can cause insanity.

Anemic older persons frequently drift into bouts of depression, agitation, and hallucination. They have trouble concentrating, and often develop feelings of persecution. Far from being hopelessly senile, many have alleviated or eliminated these symptoms by adding iron and B_{12} to their diets.

Depression may also result when the body is starved for thiamine (vitamin B_1), and riboflavin (B_2). Pantothenic acid and biotin have also aided depression when used abundantly.

Niacin (vitamin B_3) has a unique function in protecting the brain. For it is this nutrient that aids in the breakdown of blood sugars that ultimately convert into food for the brain cells. Without this vital vitamin, a host of mental and emotional disorders develops in both young and old.

Although vitamin C has not been directly linked to senility, many connections have been established. For one thing, as we grow older, our bodily need for this substance increases greatly. Also, vitamin C has been used successfully

in the treatment of excess fatigue, which is a known cause of anxiety neurosis.

For years, medical science was mystified by the high rate of nervous irritability and mental disorientation among patients who were fed intravenous solutions of sodium chloride (salt). It was subsequently discovered that excessive salt caused the body to excrete potassium at a rapid rate, and lack of potassium is what produces those brain reactions—and nervous disorders.

Folic acid has been found wanting in the blood of a high percentage of elderly psychiatric patients. There is strong evidence that the absence of magnesium can result in feelings of persecution, while a depletion of lysine, one of the essential amino acid "building blocks," affects mental concentration. Inositol and glutamic acid are two other nutrients on which the brain depends for its vital nourishment.

It is clear, from this brief chapter, that the best nutritional protection against mental problems is a well-rounded, well-balanced diet containing all the essential vitamins, minerals, and protein. Researchers predict that eventually every element in the nutritional chain will prove to have some bearing on brain function.

Combined with proper exercise, a healthful diet and positive mental outlook are often all it takes to place senility in its proper perspective. Like all the bodily organs, your brain, adequately nourished, without abuse, should give you a lifetime of dependable service.

15

Feed Your Senses to Avoid Senility

In the previous chapter a number of examples were given to show that senility, far from being a necessary condition of aging, may not even be a scientific term. Symptoms that appear in the young and middle-aged, and treated as remediable neuroses, are often regarded as hopeless in older generations. Thus relegated to the category of "senile," many senior members of society are denied treatment because it is considered wasted effort. It is another example of the prejudice that all persons sixty years old and up must combat, every day of their lives.

Unfortunately, too many of the elderly themselves contribute to this prejudice. By unwittingly allowing many bodily organs to deteriorate, they set the stage for the very behavior that is associated with senility. Nowhere is this more apparent than in the weakening of our vital senses—especially sight and hearing.

Who isn't familiar with the partially deaf person who gazes at you with a silly grin when you speak, because he doesn't want to admit that he can't make out what you're saying? How about people whose eyes focus so poorly that they appear forever to be off in another world, daydreaming or fantasizing? Even when one's senses of taste and smell are dulled, their reactions to food, flowers, and other objects often seem eccentric if not nonexistent.

Our mental processes, especially intellectual function,

are the sum total of our experiences and how we react to them. The less stimulation a mind receives, the less active it becomes. Just as the recluse sows the seeds of his own weakening mental prowess, so too does the person who denies himself the full range of experience provided by the five senses.

A person with poor sight, for example, actually experiences a good deal less than someone who sees well. More than 40 percent of the sensory input to the brain is visual. Impaired eyesight, therefore, means that your mind is grasping less than 100 percent of the experiences around you.

You may miss the gestures or expressions that go along with conversation, and the meaning of what's being said. Even worse, distorted vision can cause nausea, headaches, and other unpleasant physical symptoms.

And how can you remain confident in the presence of other people when all you can see are waves of blurry faces bobbing nightmarishly up and down? Psychologists are beginning to discover that men and women with poor eyesight show markedly different personality characteristics, including less self-confidence and a lower fear level, than those with normal vision.

If life seems a bit frightening and fuzzy sometimes, or if you have a tendency to be accident-prone, you may be either myopic (nearsighted) and not see distant objects well, or hyperopic (farsighted) so you miss whatever is too close.

Almost all mature people have some form of astigmatism, an unevenness in the eyes' shape that prevents them from focusing to an exact pinpoint. It is usually astigmatism that causes you to see a halo of blurred light around a streetlamp. If this tendency is very marked, and you see what appears to be a veritable sunburst around that lamp, corrective lenses are needed.

While nearsightedness, farsightedness, and astigmatism should be corrected, they are not the major sources of concern, once we enter our middle years. Starting in our forties,

the human eye becomes progressively more vulnerable to disease that can lead to blindness.

One of these illnesses, glaucoma, affects more than 10 percent of people over sixty-five. Painless and insidious, glaucoma can only be detected, in its early stages, by an ophthalmologist (eye doctor). The glaucoma sufferer who fails to go for a regular annual checkup soon finds himself developing pain in the eyes and cloudy vision. When performing close work, there is frequent sight-failure and a need for brighter lighting. His field of vision grows narrower and narrower, until total blindness occurs.

If glaucoma is detected when it first develops, doctors can usually control it with eyedrops. In its later stages, surgery is usually required, though not in all cases. Once full blindness sets in, there is little to be done for the glaucoma victim.

Another degenerative eye condition, called macular disease, leads to loss of central vision. Its symptoms are an inability to read ordinary-sized print and to make out fine details. Spotted early enough, macular disease may be controllable with drugs. In its final form, it can only be relieved by the use of special magnifying lenses.

Cataracts, the most well-known ailment of aging eyes, are being treated with megavitamin therapy, with special emphasis on riboflavin (B_2). However, if the condition has advanced beyond the help of nutrition, surgery becomes necessary. Once the growths are removed, clear vision can be restored with glasses.

These three conditions account for over 80 percent of visual problems among the aged. This is a particularly tragic statistic in view of the fact that many cases might have been avoided with proper diet and exercise. The forming of cataracts, for instance, is hastened by deposits of cholesterol and calcium in the blood vessels of the eyes, hindering circulation.

Sensitivity to bright light, faulty vision in dim illumina-

tion, and eyes that water readily are early warning signs of the lack of riboflavin (vitamin B_2). When strained, the eyes may become bloodshot, and pain may develop on exposure to glare. As few as ten milligrams daily of riboflavin have been found to alleviate a wide variety of eye symptoms.

Corneal ulcers, treated early enough to avoid the scar tissue that causes permanent damage, have been helped with therapeutic quantities of the vitamin B-complex family with special emphasis on riboflavin, B_6, and pantothenic acid. Vitamin C is also very important in experiments with animals. Cataracts have been corrected by feeding riboflavin, pantothenic acid, vitamin B_6, and a high protein diet.

Maintaining general good health is an absolute must to prevent eye problems. Keeping the blood vessels and capillaries in good condition is one of the best ways to avoid serious eye problems—even blindness. That is why ophthalmologists, when performing examinations, look to the back of the eyes for aneurysms and hemorrhages.

People on diabetic diets often develop protein and vitamin deficiencies. When the protein is further depleted by stress, diabetic retinitis might result. This is characterized by hemorrhages in the backs of the eyes. Tiny blood-filled balloons, known as aneurysms, bulge from the capillary walls and spill blood into the tissues.

The capillary walls may be strengthened by adding more protein to the diabetic diet and by supplementing this protein with vitamins that will promote its maximum utilization.

Vitamin A is so essential to good eye health that lack of it will quickly bring on early tiring of the eyes, sensitivity to bright lights and glare, dimness of vision at night, less acute day vision, and susceptibility to eye infection.

Dr. M. N. D. Gasmani reported in the *Journal of Chronic Diseases* that retinitis pigmentosa, a slow but eventually total disintegration of the retina, causing blindness, is often preceded by years of night blindness and other symptoms

that should warn a person of vitamin A deficiency. The blood of persons with this disease was found to be below normal in vitamin A.

Although a good diet should include sufficient vitamin A, severe deficiencies of this nutrient are common among older persons whose bile flow is inadequate. It would behoove these people to take vitamin A supplements.

Vitamin E also appears to be essential to eye health. Unless a recovery diet is high in protein, vitamins A, C, E, pantothenic acid, riboflavin, and other essential nutrients, cataracts can reappear even after surgery has been performed.

To prevent eyestrain, squinting, dizziness, fatigue, headaches, pain and low blood pressure that generally accompany nearsightedness, make certain your diet is adequate in all nutrients. Particularly important are riboflavin, vitamins C, D, E, pantothenic acid, calcium, protein, and essential fatty acids. The best source of the last is safflower and sunflower seed oils.

As in any other infection, eye infections call for dietary improvement. Large amounts of vitamin C taken around the clock together with a high protein, mineral, and vitamin diet, assist in clearing up these infections.

Some researchers have found that protruding eyes, a commonly recognized symptom of a toxic thyroid, may be caused to some extent by a vitamin E deficiency. According to reports given to the International Congress on Vitamin E, the absorption of iodine by the thyroid depends upon the presence of vitamin E in the body.

Just as a healthful diet is being found more and more essential to preventive care of the eyes, so too is research discovering that much deafness could be avoided by improved eating habits. There are about 250,000 totally deaf people in the United States, while approximately seventeen to twenty million suffer some degree of impaired hearing.

Poor conduction is the chief cause of deafness in persons of advanced age. It results from an interruption or re-

sistance to transmission of sound waves through the various parts of the ear.

At any age, such impediments can be caused by the lodging in the ear of a foreign body, hardened wax, or by infection. More frequently, though, in the elderly, hearing diminishes in proportion to the gradual hardening of a bone in the ear called the stapes. When this damaged bone is replaced surgically, hearing is either completely restored or improved enough to make a hearing aid effective.

Perceptive deafness is the name given to conditions caused by disease, infections, damage from drugs, anemia, or a weak thyroid gland. Sometimes, if the erratic condition is healed, hearing is completely restored. Otherwise, a hearing aid may be the only solution.

Prevalent among people in their seventies and older is an inability to hear sounds at high-pitched frequencies. Since everyday speech is varied in frequency of pitches and tones, this form of partial deafness causes conversations to sound choppy and disjointed. It is often the starting point leading to a form of mistaken senility. For rather than fight the distorted noises, many sufferers give up trying to hear anything and retreat into their own silent world. Or, in continually trying to overcome their handicap, they grow agitated, tense, depressed.

A word of caution to those who will need hearing aids: The most expensive ones are not necessarily the best ones. Your hearing aid should not be foisted upon you by a high-pressure salesman, but carefully chosen with the help of your otologist (ear specialist). Among the vast variety of hearing aids in the marketplace, the doctor is best qualified to choose the instrument most suitable for your particular needs.

Although loss of hearing has many causes, some of these causes are nutrition-related. Deafness can be brought on by cholesterol deposits in the arteries of the ears, by neuritis or inflammation of the nerves needing B vitamins, by cal-

cification that could be prevented by vitamin E, or by lack of iodine in the blood.

To secure a diet that could alleviate or even correct both eye and hearing defects, you should try the cheaper organ meats. Liver supplies superior protein, the B-complex, and other vitamins, iron, and trace minerals. The best liver is calf, beef, lamb, or chicken. Do not use pork liver.

Comparatively little research has gone into the senses of smell and taste. It is known that there's an interaction between the two, and that colds—especially stuffed noses—can cause temporary loss of these senses. Smoking, too much alcohol, and excessive use of spices can dull taste buds and numb the nerves responsible for smell.

Until recently, long-range loss of these two senses in the elderly was considered psychological—a senile symptom. In the case of taste, however, ongoing investigation now suggests that the element zinc is crucial. Hospital patients who either couldn't taste food or found that everything they ate tasted bad, turned out to have abnormally low levels of zinc in their blood. With supplementation, their zinc levels were brought back to normal—and so, too, were their taste buds.

Oysters are veritable powerhouses of zinc. But if they are not to your taste, consider liver, milk, wheat bran, and wheat germ—all of which are excellent sources of that vital nutrient, zinc.

In terms of averting the senile profile of senior citizens, the senses—all five of them—should never be allowed to turn lazy. By constantly using them for constructive, rewarding purposes, you'll be keeping them in a state of healthful stimulation.

More important, your mind will remain active—and that is the surest way to keep it from growing old.

16

Relax Away Your Tensions

Eddie Cantor once recalled how happy he had been during his early days in vaudeville. "No great rush," he said, "and no heart attacks."

Rushing gets to be a habit. Tension becomes a way of life. Men are harassed, and nervous misery produced, by the conviction that a certain amount of work must be gotten out every hour on the hour. If the average secretary could visualize, in one pile, all the letters that she would have to write in the next ten years, she would quit on the spot.

The tense boss paces back and forth in his office, dictating at breakneck speed. He may have the fastest secretary in his company—a keyed-up, harried girl who strains every nerve to finish her job quickly—then goes home with a migraine headache.

The writer gets deadline jitters. He bites his nails, picks at the skin of his fingers, and says, "I'll never get this finished on time. I'm so nervous right now I could jump out of my skin!"

Tenseness is contagious. It isn't easy to stay calm in a tension-charged atmosphere.

Tight muscles are always painful. The tense person is constantly on edge, strained, ready to go into action. Muscle tightness, accompanied by excessive alertness or apprehension, produces a headache. Tenseness becomes a habit, and such a headache can be painfully persistent.

Generally, in headaches, two factors are involved: a stim-

ulation of the pain nerve endings in the muscle, and the presence of sustained muscular contraction and a reduction in the blood supply to the involved muscles. This reduction may be due to either an accompanying constriction of the arteries or a pinching off of the arteries by the tight muscles themselves, with a resultant interference in the blood flow.

Experimental studies on sufferers of this type of headache reveal that muscle contractions are greatly increased during periods of emotional tension. When these tension periods are prolonged, pain appears.

If your tension results in this type of high-intensity headache you will feel most comfortable in an upright sitting position, with the head inclined forward and supported by the hands. Household remedies such as aspirin or proprietary powders offer very little relief.

Heat lamps induce relaxation of the tense muscles and thus reduce the intensity of the pain.

Ninety percent of the headaches caused by muscle tightness arise mainly as part of the patient's attempt to adjust to his daily problems and challenges.

Tension is a warning sign of a health crack-up. Americans work too hard and expect too much of themselves and others.

Driven as we are by violent emotions—love, hate, fear, and ambition—we try to adjust ourselves to increasing pressures. We ignore tenseness and chronic tiredness until slowly, accumulated weaknesses creep up on us.

Disregard your mounting tenseness or irritability until you become mentally and physically worn out and you invite a nervous breakdown. Nine million Americans a year do exactly that.

Leading psychiatrists state that a man does not break down from overwork, but from his attitude toward his work. The crack-up of the executive, they believe, is precipitated by a deterioration in the executive's social life, his outside interests, or his marriage.

The cocktail method of relaxation is a damaging one. If you limit your drinking to a glass of light wine or beer, this may relax you and prepare your stomach for nourishment. But the cocktail bender is another thing!

Dr. William F. Boos, a toxicologist, once said, "Alcohol is a poison classed among the narcotic drugs along with chloral hydrate, ethyl, chloride, chloroform, ether, and benzol."

Alcohol is a poison that acts upon the brain as an anesthetic. Only a relatively small amount is found in a glass of wine or beer. With a stronger drink, however, the alcohol triggers the whole complicated defense and repair system of the body. If you subject your body to repeated reactions to emergency situations with the daily drinking of strong cocktails, your system will eventually be weakened. No matter how tense you feel at the end of the day, *don't depend on alcohol for your relaxation.*

Alcohol is poisonous to the nerve cells unless a sufficient amount of B vitamins or some other dietary antidote is also present in the system. This is why you have a hangover from overindulgence. A slight hangover is the result of a disturbance of the central nervous system, which has been poisoned by alcohol. The nervous system has not been able to recuperate because the body has had to rob the nerve cells of their essential B vitamins in order to digest the alcohol.

Many victims of tension turn for escape to sedatives or more sinister drugs. The New York Academy of Medicine reported that the tense consume some 336 tons of barbiturates yearly.

Each of us has his own psychological breaking point, just as each has his particular threshold of physical pain. There is a certain line deep within our physical and psychological selves that can't be crossed. To do so may precipitate an upheaval comparable to that of an unleashed bedspring.

Doctors are amazed at the number of us who fail to crack up under the smashing pressures and the mechanical tyran-

nies of our daily lives. The telephone jangles its tyranny of interruption, the clock dictates appointments, and the calendar brings floods of apprehension. It constantly reminds you of your income tax, of your monthly bills, of your fears of growing old.

Dr. Iago Galdston, psychiatrist (the New York Academy of Medicine) said: "The individual's ability to absorb tension depends upon his inborn deficiencies and his acquired ineffective ways of meeting stresses and strains." Each individual may be thought of as being like a steel wire with a certain breaking strength. If the load is not too heavy he can carry it without damage. But if the tension strain is too great, too concentrated, and too prolonged, even the man with the strongest personality and the healthiest body will crack.

Victims of tension breed ulcers or fluttering hearts. Some create alarm reactions in their vital glands. "If these alarm reactions remain chronic," warned Dr. Hans Selye, of Montreal, "the glands become exhausted and resistance to disease is thereby lowered. Stress may produce almost any diseases by its effect on the body's hormonal output . . . the internal chemical balance is controlled mainly by the pituitary and adrenal glands."

Many successful businessmen recognize the devastating effects of tension, and learn to control their tension instead of letting it control them. Many advise leaving work every evening at 5:30, going home to a quiet dinner, and taking vacations every year.

Instead of worrying all through the night about problems in the highly competitive business world, before going to sleep ask if there is anything more you can do. If not, go soundly to sleep.

When he was Secretary of State, John Foster Dulles found a way to combat fatigue. While others tired themselves out with useless fretting, Secretary Dulles rested during his precious in-between minutes. He credited his catnaps with

helping him maintain his usual freshness at high-level diplomatic meetings.

How's your sense of humor?

Remember the maxim, A merry heart doeth good like a medicine? Laughter can untangle your emotions, unwind your tensions. The more tense you are, the more you need to laugh. We can all take a tip from the businessman whose motto is: "A laugh a day drives tension away."

Another way to dispel tension is get up early enough to take a walk every morning instead of dashing to the train at the last minute, worrying about whether or not you'll make it. Take time to eat a leisurely, protein-rich breakfast. Evaluate your job; plan it so you can save time through greater efficiency.

Former President Harry S Truman always cleared his mind of any early-morning cloudiness with a brisk walk. He said this enabled him to start work fresh and mentally alert. Bernard Baruch, Mrs. Eleanor Roosevelt, and other busy people stretched their working time by keeping a lookout for time-saving opportunities. They learned to detour details so they could begin the day doing jobs that were important. Henry Ford II plans his work for as much as a month ahead.

Nothing can relieve you from a tortured, anxiety-ridden state of mind—except yourself. You must bring your general health up to par. Then you must learn how to relax. There are really no *peace of mind* pills. There are drugs to desensitize you, but in the final analysis it's up to you alone.

Your food intake definitely affects your work, especially your protein intake. Biochemists Krout and Lehman found by experiment that the protein dietary requirements for both light and heavy work are about the same. In the experiment, when the protein intake of the participants was reduced below a certain amount, there was a definite reaction in the form of depression, a falling off of work capacity,

and a lack of cooperation. When the subjects got more protein, the symptoms disappeared. Krout and Lehman concluded that, to accomplish a day's work, men and women need at least 70 grams of the kind of protein found in meat, cheese, eggs, and similar foods, no matter how many calories they consume.

We are all familiar with the coffee addict—the worker who must have his morning shot of caffeine or he becomes morose, irritable, and speaks in grunts. Then there is the man whose rhythm is as broken as the sudden spurts of energy he gets from the carbohydrates he snacks on all day long. At 10 A.M. he raises his blood sugar through the morning coffee break; at noon, with his sandwich luncheon; and again at 4 P.M., with a Coke or a dessert. By the time he gets home he is so fagged that he can barely make it to the door. He invites tension with his below-par physical condition.

The tense person needs more dynamic vitamins and protein to speed up the metabolic processes to furnish the extra energy he needs and to repair the tissues he destroys. He requires four to eight times as much diffusible thiamine as the rested person. The victim of tension, whose condition is precipitated by a lack of minerals in the body organs, invites a breakdown unless he assures himself of an adequate supply of these important regulators of body health.

A mineral balance is necessary to the maintenance of health. Phosphorus is a producer of useful energy in the body. Calcium is the prime instigator of vital activity. Lacking enough of these and other minerals, your body is unable to make full use of vitamins.

Minerals, proteins, and vitamins work together to resist the onset of disease. Keep your nerves and your body in good condition by providing them with plenty of these vital materials. They are essential to your health; to your very life. If you don't obtain enough minerals and vitamins in the food you eat—and few of us do!—be sure to take them every day in concentrated form. And let's not forget lecithin as an important food supplement for the nerves.

Because of its quick pickup action, honey soothes tired nerves and combats the fatigue caused by tensions. Honey in milk, honey in lemon juice—or just plain honey!—these are unexcelled tension-stoppers in the form of natural food.

If something worries you, confide that worry to some levelheaded friend. Don't keep it to yourself. Look at it in a clear light, face it—and watch it fade. Anger is another tension contributor. Instead of quarreling with someone, remember that the Greatest Teacher of all said, "Agree with thine adversary quickly." Considering the other person's viewpoint is a fine tension-reliever.

Stop driving yourself.

Put your major effort into the things that you do well, and just do everything else to the best of your ability. Accomplish the urgent tasks first, and save the rest for tomorrow. Don't try to break records in everything you do. A perfectionist finds it difficult to accomplish his work quota, and his intolerance of the performance of others constantly creates tense situations.

Don't crowd your schedule so full that you have no time for recreation. When everything goes wrong, escape for a little while. You'll be able to come back and handle the difficulty with composure.

Consider what tension is: simply the contraction of a muscle, motivated by a nerve. Overactive nerves produce too many muscle contractions. A nervous, high-strung person needlessly works his nerves and muscles. Practice the art of living by learning the key to any art—that of economy. Learn to manage your body and your mind.

When you learn to identify the various muscular tensions you can relax them simply by letting them go. Chest tension is present when you take a deep breath. Abdominal tension can be found by drawing in your stomach. To locate foot tension, bend each foot toward you and then away from you. See how much easier it is to let these muscles relax than it is to contract them!

Tension is not new to this world. The Roman emperor

Marcus Aurelius recognized tension. He said, "If you are pained by any external thing, it is not this that disturbs you, but your own judgment about it."

Tension today is a dangerous threat to our national health. Overcome your tensions or they will overcome you.

PART III:
Your Love Life and Maturity

How to provide your body with more of the fuel that feeds the eternal flame of love. Prolonging your active love life regardless of age. Ways of enhancing your sexual enjoyment.

17

You're Never Too Old for Sex

Which one is you?

At age fifty-six, Irma Baker claims her husband doesn't appeal to her anymore. She's neither surprised nor disillusioned, because Irma found her sexual interest starting to wane as she approached menopause, back in her late forties. It's only natural, says Irma. Once a woman can't have children, there's no need for sex. Irma should be told that her commonly held, although erroneous, idea causes much frustration and unhappiness among older persons: married, widowed, or single. The fact is, you're never too old for sex!

Dora Campbell is a widow. Tall and thin, with a healthy glow that belies her seventy-two years, Dora averages sexual intercourse twice a week. She and her husband had enjoyed an active, responsive, fulfilling sex life until his death, some four years earlier. Menopause? Dora considered it a liberation, enabling her to enjoy sex without fear of pregnancy. As Dora puts it, "Why should women turn cold as they grow old? If Mother Nature wanted us to stop having sex, she wouldn't have made it so pleasurable."

Until his early fifties, Sam Lewis was a real swinger. Hardly a night went by that some chick wasn't sharing his bachelor pad. But, in recent years, Sam found his stamina declining—and with this decline came a decreasing ability to become sexually aroused. He actually found bed partners annoying when they "demanded" more than he could give.

Now, at fifty-eight, Sam admits that he hasn't been able to satisfy a woman in two years. Though he misses his active sex life, Sam figures there's nothing he can do about it, because all men turn impotent by the time they hit their sixties. Sam is thinking of solving his problem by marrying a woman of his own age—just for companionship.

On his sixty-third birthday, Walter Krause celebrated by marrying his second wife, age fifty-nine. It was no frivolous decision: for months before the wedding, Walter and his bride-to-be spent many a night (and some mornings, too) determining if they were sexually compatible. Apparently they were, because now, two years after their marriage, Walter reports, "We're still having a ball!"

Why is it that some mature people can enjoy active and satisfying sex lives, while others of the same age cannot? Is it biological—a decree by nature that some of us wear out at a younger age than others? Or is it "all in the mind," as many a psychologist would have us believe? How much control does each person wield over his or her own sexual destiny?

Let's start with some cold, hard facts.

Any man of sixty or seventy who tells you that he is performing as often as he did when he was twenty or thirty is either lying to you, kidding himself, or both. The same can be said of the woman in her post-fifties who claims that she experiences the same level of orgasm as she did in her early youth.

Certain changes do take place in the sex mechanisms of the human organism as it passes through its sixth or seventh decade. There is generally a decrease in the body's production of sex steroids and hormones. This, in turn, brings about alterations in the structure and functioning of the sex organs.

To the woman, it means a thinning of the walls in her uterus and vagina. The result is usually orgasmic contractions that end more rapidly.

The male finds he responds to excitement more slowly

than he did as a youngster. Erection takes longer to achieve and, after orgasm, is faster to diminish.

Does this mean, therefore, that sex ceases to be pleasurable and meaningful as we grow older? Are women doomed to turn frigid eventually? Must every man, sooner or later, grow impotent? Certainly not!

The most up-to-date research has shown that any human is capable of achieving sexual satisfaction, no matter what his or her age may be. Of course, certain requirements must be met: the individual seeking sexual expression must have a healthy constitution and, in the case of sex, psychological outlook is as important as physical well-being.

To people whose sex lives have been relaxed and uninhibited, aging presents no barrier to increased enjoyment, even though certain physical functions of sex are diminished. Those who had sex hangups during their youth are generally the ones with the most trouble adjusting to sexual changes in their later years.

There's a realistic basis to the many jokes about the woman who develops a "headache" whenever her husband seeks intercourse. Too many females have been raised, since childhood, to believe that sex is "dirty"; that intercourse is only for the purpose of making babies. Anything more they "give" their husband is strictly to "keep the boy happy."

These are the wives who are most likely to develop complete frigidity after menopause. The reshaping of the uterus and vagina—the thinning of the membranes of those organs—can result in pain and bladder problems. Lowered glandular secretion reduces lubrication, making penetration a lengthier process, requiring patience. Armed with such excuses, cold women turn colder.

While much of the female population is raised to believe that "nice" girls shouldn't crave sex for its own sake, men are taught the opposite. You're not a "real" man unless you have intercourse often. Quantity, variety, and conquest are more important than quality in the sex act.

Among men, of course, frigidity is a rare phenomenon. Yet they too can fall into psychological patterns that harmfully affect their sex lives when older. The most common mental influences on male sexual behavior are monotony, mental fatigue, and fear of failure.

In a marriage that has turned routine over the years, even sex becomes mechanical and routinized. Boredom sets in, and the man's interest in his wife diminishes. He either seeks other women or, out of loyalty, simply goes through the motions with his wife. Either way, there is no true enjoyment.

Most men, as they grow older, find pressure situations more difficult to cope with. The result is fatigue of the mind—a mental tiredness that reflects itself in diminished sexual response. Finding it more difficult to become aroused, and unable to maintain his youthful level of intensity, the matured male assumes that his problem is simply the result of his advanced years.

Invariably, boredom and mental exhaustion lead to man's greatest psychosexual enemy: fear. In a sense, a vicious circle is formed. Because monotony and mental weariness adversely influence sexual reaction, the man grows afraid that he is losing his potency. This very fear serves to diminish his sexual prowess further, until, convinced that he is turning impotent, the man loses his ability to perform. He interprets this as a loss of interest in sex, brought on by his declining years.

There is no single cure or remedy for psychologically based symptoms of sexual decline. They are usually the outcome of lifelong conditioning—attitudes implanted since childhood. Men or women who feel that they are sexually inadequate or deprived must seek the proper counseling to determine where their physical problems end and their mental problems begin.

A frank talk with one's family physician is a good starting point. He can help you to gain understanding of the

physical processes involved in sexual activity and in so doing erase the mystique that surrounds this normal, healthy function. He may also be able to help you find guidance from other sources.

Rarely is there a need for high-priced psychiatry or psychological therapy. In many communities there are publicly funded health services offering free counseling to persons over sixty. Similar assistance can be obtained, at a fee commensurate with your ability to pay, from such nonprofit agencies as the Federation of Protestant Welfare Agencies, Catholic Charities, and the Federation of Jewish Philanthropies.

Of course, no amount of psychotherapy can help people who've allowed themselves to deteriorate physically. In their now-classic studies of human sexual behavior, Dr. William H. Masters and Virginia E. Johnson have determined that even in the seemingly healthy person, poor eating and drinking habits take their toll of sexual prowess.

When a couple comes to the Masters and Johnson clinic for consultation, one of the first questions to settle is whether the partners are healthy and are receiving an adequate diet to perform suitably. It has been found that foods rich in the B vitamins and protein—brewer's yeast, liver, and wheat germ—can often provide the energetic good health that allows for richness, joy, harmony, and sexual fulfillment.

Research at the clinic has also demonstrated that overeating and excessive alcohol, especially in the male, take an enormous bite out of ability to perform. This should come as no surprise to people who habitually stuff themselves with high-calorie foods, preceded, accompanied, and followed by a steady stream of booze.

If you're an occasional heavy eater, think back to the way you feel after a big meal. The stuffed sensation, which causes you to loosen your belt, also seems to make you weary. You may even find yourself fighting sleep or actual-

ly dozing off in public. For hours afterward, you are bloated and gassy, as your body expends excessive energy to rid itself of the extra burden you placed on it.

Under such circumstances is it any surprise that you lose your interest in sex? It reminds me of a consultation I once had with Bernie C., who came to me for help. Normally not my professional policy, I nevertheless accepted his invitation to dinner so I could meet his wife. After dinner, as I talked with Bernie, this is what I learned:

Bernie and his wife, Harriet, had never experienced sexual difficulties in their long and happy marriage. Now, well into their middle years, the couple was planning to celebrate Bernie's promotion to a vice-presidency in his corporation.

The evening began very romantically for Bernie and Harriet. In a posh, candlelit restaurant, they started with two martinis, then went on to a meal consisting of an oily and buttery appetizer, a thick and starchy soup, a gravy-soaked entrée flanked by potatoes and richly dressed salad and, finally, a creamy dessert. In keeping with their romantic mood, the dinner included a quart of wine and an after-dinner cordial.

To Bernie and Harriet it seemed only natural that bedtime would cap the night with hours of sexual bliss. Instead, they found it difficult to arouse each other. No amount of stimulation seemed to work. At last, tired and dejected, they fell asleep.

When Bernie related this experience to me, it was with a view to determining if he and his wife had reached a new plateau in their sex life. In short, Bernie feared age was making him impotent and Harriet unresponsive.

First off, I explained to Bernie that even a twenty-year-old could be rendered "impotent" by all that food and alcohol. Excess liquor, by itself, is enough to dull all the senses and sensations, including the sexual. Add to that the bodily burdens caused by heavy eating, and there's bound to be trouble in the connubial bed.

"However," I assured Bernie, "the effect is only temporary. Lay off the big, empty-caloried meals, drink in moderation, and your sex life should stay vigorous and rewarding well into your eighties and nineties."

Observing Bernie's well-formed physique, I reminded him of another advantage of intelligent eating and drinking. "Anyone would agree that you're still an attractive man," I said. "Harriet has kept her figure remarkably trim—in fact, I would go so far as to say 'sexy.' Would you find each other just as exciting and stimulating with potbellies or layers of flab hanging off you?"

"No, I guess not," Bernie replied.

"Then I think you see my point. Excessive starches and fats bloat the stomach. Liquor, in addition to its other hazards, is loaded with calories. Long overindulgence will rob you both of the slim, trim builds that radiate the excitement that leads to sex."

It's been a number of years since that conversation took place. While many of their friends, paunchy and wrinkled, complain about their humdrum existences, Harriet and Bernie Cashman are very much alive and swinging. Still remarkably well-proportioned, they make no secret of the fact that sex is a continuing fascination in their lives.

This is not to say that moderate eating and drinking, of themselves, will guarantee lifelong sexual bliss. Bernie and Harriet practice a wide variety of other good eating habits. Nor is it possible to assert that healthful food practices keep the sex glands functioning as vigorously at seventy as at twenty. But it can be said that, given a basically healthy constitution, proper nutrition fosters glandular activity that enables even the very aged to enjoy the sex act.

To maintain sexual vigor, foods high in protein, minerals, and vitamins are required. If any essential nutrient is absent from the diet, chances are that there will be a lowered sexual response. Significantly, lack of protein is not only associated with loss of sex interest, but also with a decrease in the male's sperm count.

There are ten basic foods that help to maintain health and sexual vigor: meat, fish, poultry, eggs, whole-grain bread or cereal, milk products, fresh fruit, leafy green vegetables, yellow vegetables, and unsaturated vegetable oils.

Among the meats, liver is highly recommended for the maintenance of sexual capacity. That's because liver is one of the richest sources of vitamin B_{12}, which is found concentrated in the woman's uterus and the man's seminal fluid. Vegetarians, who are singularly lacking in B_{12}, are noted for their lack of sexual drive.

Women who wish to remain sexually responsive must avoid the fatigue caused by iron-deficiency anemia and the nervous tension caused by lack of calcium or magnesium. Without realizing it, many women lose their interest in sex because of one or both of these conditions. If, instead of their usual breakfast of toast and coffee, they substituted an eggnog flavored with unrefined black molasses, they might discover their sexual desire "magically" returning.

A certain amount of vitamin C is needed by the sex glands in order to produce their hormones. The older we get, the more of this vitamin is required to maintain production. This is especially true of the male sex glands.

Zinc is essential for sexual activity. It can be found in liver, milk, wheat bran, and wheat germ. The last two are also very rich in vitamin E, with which Dr. Evan Shute of London, Ontario, has experimented for over thirty years. Regarding the vitamin's value in sexuality, Dr. Shute has stated, "Doctors don't know why vitamin E cures impotence in men, but we are sure that it works."

Women, when they pass menopause, sometimes increase their need for vitamin E by as much as 50 percent. Adding this vitamin to their diets, through food or supplements, many women have found relief from night sweats and hot flashes.

While all of these foods specifically benefit the gonads in the male and the ovaries in the female, it must be remembered that no gland or set of glands can work alone. The sex

glands are dependent upon the adrenals, which are influenced by the thyroid, which interacts with the pituitary . . . and so forth. The health of any gland can affect the action of all the others.

A well-balanced diet must nourish all the glands if sexual efficiency is to be maintained into the eighth or ninth decade of life. And that means *all* of the vitamins, minerals, and protein-rich foods must be consumed to keep the sex urge alive.

At this point it seems proper to give special consideration to the "older woman" who lives alone because of widowhood, divorce, or personal choice. Statistically, her numbers are increasing: there are more older women alone than there are men. Since sex and romance know no age, the woman alone is often faced with a "numbers problem" if she hopes to find eligible men in her age category. Faced with this dilemma, what is the modern woman to do?

Ponce de Leon may have failed in his search for the Fountain of Youth, but it just may be that today's older woman has succeeded where he failed. Perhaps she has discovered the true Fountain of Youth and is finally beginning to take full advantage of it.

Psychologists and knowledgeable women-watchers say there are three times in her life when a woman radiates more natural beauty and more inner loveliness than ever. First is the time when she's in love. Second, when she is being loved. And third, when she is with child.

And when an older woman captures the romantic and eager eye of a much younger man, her full range of sensory emotions, her natural radiance, her blossoming beauty zoom sky-high like a star-destined rocket.

A few years ago, in a more "stuffed-shirt society," May and December romances were found mostly among businessmen and young ladies. Reluctantly tolerated in most social circles, they became the favorite subject of the Sunday afternoon chitchat and gossip clubs.

But now the ladies themselves are spanning the genera-

tion love-gap and luring younger male lovers to their side. And they look younger, feel younger, and feel life is more complete for doing so. They are realizing a richer internal loveliness than any cosmetic could ever convey.

Once only the rich, the famous, or the eccentric woman could snub society and enjoy the uninhibited companionship of a younger man. History is replete with such examples.

Elizabeth I of England had a series of younger men; so did Catherine the Great of Russia. Pauline Bonaparte and Eleanor of Aquitaine indulged. We must not forget Ninon de Lenclos, who, at seventy, had her greatest, most passionate liaison—with a man forty years her junior. Elizabeth Barrett, the poetess, and Colette, the great French writer, married younger men. The list is almost endless.

But today, the average woman is discovering this "Roman Spring" on her own. Older women who are widowed or divorced and able to support themselves and stand on their own two feet are beginning to openly defy the age-ratio. No longer are these romantic arrangements the exclusive domain of men . . . or of rich and famous women.

These older women have left their quilts, their inadequate feelings, their what-will-the-neighbors-think attitudes behind with their aging pains. Now they are asserting more individuality, more aggressiveness, toward achieving their own comforts and fulfilling their own desires.

Many of the May-December alliances are more mutually rewarding than one would suspect. Although the young man may contribute handsomeness and a vigorous, trim body to the affair, the older woman offers a stable, nonfickle personality to her young man. Thus, he avoids the willy-nilly, hot and cold competitiveness encountered in a romance with a younger woman. His source of love is less jeopardized. Too, young men feel more comfortable, more appreciated, and more useful to a thoughtful and attractive older woman.

As maturing members of today's society, we have one

great advantage over previous generations. Sex is no longer a taboo topic among "nice" people. Frankness and open discussion are encouraged by physicians and marriage counselors. People are learning there is no shame in wanting sex all their lives.

That is why researchers can say, quite openly, that one of the best therapies for diminishing sex drive is sex itself. By maintaining sexual activity, you keep the juices flowing, literally and figuratively. While the lubricating glands in the vagina seem to slow down in later years, regular, active sex keeps them stimulated well into a woman's seventies. And even though the penis loses much of its erection reaction as the male ages, indulging in sex keeps this organ in an active state up to any age.

Frustrating abstinence is not the answer to sex problems. Your remaining years can be far more "golden" if you overcome inhibitions and learn what steps *you* can take to resume the pleasure that you've denied yourself.

PART IV:
Your Appearance and Good Looks

How to look years younger than you really are. Ways to avoid the inward and outward telltale signs of premature aging. Natural exercises and formulas to bring new youth to mature skin. How to stay slim with the 1,400-Calorie Maturity Diet.

18

How to Care for Your Skin to Look Younger

Which human organ would you say is the largest? The brain? The heart? The liver? What about the combined areas of both lungs or the two kidneys?

Before you answer, here are a few hints. More fat and water are stored in this organ than in any other part of the body. While it eliminates poisonous wastes that build up inside, it guards against bacteria and noxious substances on the outside. Forever changing in size, shape, and color, this organ measures over three thousand square inches.

Give up? The answer is your skin!

Most people are surprised to discover that this area of our physique is a functioning organ in every sense of the word. Supplied with a vast network of nerve and nerve receptors, the skin is constantly reacting to the conditions that surround it. Through controlled perspiration, it keeps the body from overheating; by exuding certain oils, it protects us from tumors, calluses, and rashes. The skin also contains melanin, a coloring substance that guards us against the dangerous rays of the sun.

Exposed as it is to the harsh environment, under continual bombardment by bodily foes, this organ that sheathes the skeletal frame is more vulnerable to abuse than any other human structure. Compare the healthy heart of a sixty-year-old with that of a twenty-year-old, and you'll find surprisingly small difference in their appearances. The same

can be said of all the internal organs, and only illness brings about radical visual changes.

But even the healthiest skin starts to alter its looks from the day of birth. By mere exposure to everyday stresses, it grows tougher. Human growth alone causes skin to stretch over the years. The climate in which you live, the work you do, your particular life-style all combine to influence the appearance of your skin. Is it any wonder that in your later years the condition of this outer layer is an instant tipoff to your age and, often, your vitality?

Nor is it any surprise that billions of dollars are spent annually on hygienic and cosmetic applicants. Drugstores and supermarkets abound with all manner of soaps, cleansing creams, moisturizers, and other products designed to give one a "healthier" skin. If these don't do the job, there are plenty of rouges, blush powders, and pancake makeups to hide wrinkles or blemishes. It is estimated that the average consumer spends from $1,000 to $1,200 a year on such appurtenances.

This can be a prohibitive expense to people approaching the age of retirement, when income drops dramatically. Unable to afford costly grooming products, and convinced that there's no longer any need to look attractive, too many over-sixties permit their physical appearances to slip into the stereotyped images that label them "aged."

There are two fallacies in these people's logic. To start with, most of the money they spent on cosmetic care during their youthful years was probably wasteful. For a fraction of the cost they could have achieved the same results and perhaps caused less harm to their skin. Their second mistake is in believing that there is little they can do for themselves in their later years.

Let's pause here just a moment to explore some of the personal appearance practices that stereotype people as being aged.

This, of course, is a touchy subject with most, but I think

it is important enough to breach social etiquette temporarily.

First, regular bathing or cleansing is often omitted from their daily schedule. Perhaps because of dry skin, or because getting in and out of a bathtub is a physical chore. Or they may feel that their age entitles them not to be "Mr. or Mrs. Clean" all the time.

Regular bathing (or emollient cleansing for those with dry skins) is especially important in the aged. The top layer of the skin is actually dead cells. These dead cells, odorous in themselves, can quickly absorb other body odors when not washed away regularly and emit a most unpleasant smell. Powders, perfumes, or deodorants cannot fully mask these odors. Regular bathing will remove these waste cells . . . and the odor.

Young folks, in their brashness, will often bring this point to light when asked why they don't associate more with older people. The elderly and retired should wash away these dead cells—to remain more "sociable."

Another stereotyped image of aging is an unkempt appearance. Perhaps the husband fails to shave or groom his hair regularly or the wife may leave her hair done up in a kerchief or curlers all day.

The most prominent stereotype of aging is the one most often featured on television. The practice of wearing bathrobes or housecoats throughout the day. Slipper-clad feet have also been visually identified with older folks.

You will feel 100 percent better, more alive, more ready to face the world, and more self-confident when you take time to properly groom yourself. Get up early, bathe, shave, beautify yourself, and discard rumpled bathrobes for fresh street clothes.

To be sure, the better you cared for your skin throughout youth and middle age, the easier it will be to maintain its youthful appearance later on. A brief description of the skin will help you to understand why.

All of our bodily covering is separated into three layers. The deepest layer is called the *subcutaneous;* the middle layer is known as the *dermis;* and the top or outer layer is the *epidermis.* Each has its own unique function.

Subcutaneous skin contains a network of nerves, blood vessels, and a layer of fat. This fat performs a number of functions, not the least of which is to provide a firm support-layer for the skin above it. Like a massive cushion, it protects us against injury and insulates us against the cold. So if you permit your subcutaneous fat to break down (as often happens in later years) you become prone to easy soring and bruising, faster loss of body warmth, and sagging of the upper skin-layers.

The dermis is the site of more blood vessels and nerves, plus sweat glands, oil glands, and hair follicles. When sweat and oil are released to the upper surface, they combine to make the skin soft and resilient. By allowing these two vital glands to deteriorate, you leave yourself open to dry, itchy, cracked skin. Also, with less perspiration, your body finds extremes of heat more difficult to bear.

The topmost skin, the dermis, consists entirely of dead cells. As these cells are washed away or fall off, they are replaced by others from the deeper layers. Poor hygiene and diet can cause this layer to grow thicker, while the lower two levels become thinner. That is why many people, in their later years, have skin that is leathery and scaly.

Aging, by itself, has little to do with the condition of the skin. If you spent your entire life in a dimly lit room, where the temperature and humidity were kept at ideal levels, and you ate well, exercised regularly, and got sufficient sleep, chances are your skin would undergo little change during your lifetime.

It is the extent of exposure to destructive forces that ultimately determines your appearance in later years. Often, without realizing it, you yourself are your skin's worst enemy.

I am reminded of Sue and Michael, whom I'd known for

many years. A pair of sun worshipers, these two maintained tanned skins from one year to the next. During the summer they were always outdoors—Mike in swim trunks, Sue in her bikini—soaking up the sun. Wintertime meant frequent trips to health clubs, where they bathed themselves under sunlamps.

Everyone envied their "healthy" tan. Everyone, that is, except I. But Sue and Mike laughed off my warnings about the ultimate damage they were doing to themselves.

Sunlight penetrates deeply, even after the skin has built up its tan. To protect itself, the skin calls upon greater and greater amounts of melanin, the pigment that wards off the fiery rays. At the same time, the two lower layers produce an increased number of cells, which come to the top and form a thickening layer of dead tissue.

Sue was the first one to spot the changes. Gazing in her makeup mirror, she suddenly realized to her horror that those dark spots on her enlarged face were broken blood vessels beneath the skin's surface. The tan was turning uneven—darker here, lighter there—and the skin itself was hard, almost numb.

Symptoms such as these can take many years, even decades, to develop, depending on the total intensity and accumulated amount of exposure to the sun. If noticed in time, and given the proper remedial treatment, the process can be reversed. But if nothing is done, the condition will worsen and become permanent.

The little blood spots will increase and grow, while dark areas of pigment form. In the two lower layers, burst blood vessels will remain damaged beyond repair, as will the supporting layer of fatty, elastic tissue. Sagging, wrinkling, and folding will swiftly follow on the surface.

My two friends were fortunate, because Sue's magnifying mirror had enabled her to pierce the camouflaging tan in time. When she and Mike asked what I recommended, I replied, "Stay out of the sun—forever!"

I then urged them to adhere to a daily diet consisting of:

1 helping of whole grain cereal
1 egg
1 helping of citrus fruit
1 helping of *raw* noncitrus fruit
2 green or yellow vegetables, preferably in salad
1 ounce of Cheddar cheese
2 glasses of nonfat milk or yogurt
3-4 ounces of meat, poultry, fish, or equivalent vegetable protein
4-6 glasses of water

To help soften, moisturize, and bleach their faces, I also suggested that they massage a generous amount of yogurt into their skins at least once a day. After about twenty minutes, they were to remove it with warm water and follow with a splash of cold water.

While they couldn't altogether dodge the sun's rays, Sue and Mike reduced their exposure to a minimum. They adhered rigidly to the diet, and never skipped their daily "yogurt pack." Naturally, they soon lost their "rich" tans, but not long afterward Sue lost all her blemishes, too.

Some sunlight, of course, is beneficial, because it enables the body to synthesize vitamin D, especially in children. However, it is not necessary to go out of one's way to receive a healthful dose of the sun's rays. The amount most people are exposed to in their everyday lives is often enough to meet their vitamin D requirements. Any lack should be made up not by more sunbathing but through the diet or dietary supplements.

Loss of fluid is the reason for the sun's devastating effects on the skin. By drying up the moisture on the top layer faster than the lower layers can replenish the supply, heat makes *all* the layers more vulnerable. Winter winds and unhumidified heating systems are also drying agents. So is a room that's excessively air-conditioned.

"But what am *I* supposed to do?" a man in the audience blurted out at one of my lectures. "I'm in construction—

and I *must* work in the sun all day. And when I retire, I hope to do a lot of fishing. Is that bad for my skin?"

"Not at all," I replied, "provided you take proper precautions. I'll bet your wife can give you a few pointers."

"Oh, sure! She'll put me on some of her fancy moisturizers. As if her cosmetics don't cost us enough already!"

"A moisturizer shouldn't be expensive," I said. "In fact, the most costly brands are no more effective than some products found in your kitchen."

All advertising claims to the contrary, no moisturizer can actually add moisture to the skin. The best that any can do is prevent loss of existing moisture—which is all the protection that anyone needs from the drying elements of nature.

The foundation of all moisturizers is some form of grease or oil. Other ingredients may be added for scent, color, or texture, but none of them increase the product's antidrying performance.

Sesame oil will do the same and perhaps a better job. So will other vegetable oils, particularly safflower oil. And don't overlook the value of shortening. Applied regularly, these products will provide maximum protection at a fraction of the cost of many high-priced moisturizers.

A good coat of oil or grease on the skin also protects against another of its enemies—pollution. In the past two decades, particularly in areas where industries thrive, atmospheric chemicals have begun to wreak havoc on the skins of the residents. Many men and women who believe their sags and wrinkles result from aging, are actually the victims of airborne corrosion.

Where atmospheric grime and pollution are especially high, ordinary cleaning methods may not be sufficient. But this does not mean racing to the store for expensive soaps or cleansing creams. Plain alcohol, or alcohol mixed with water, cleans as deeply as any brand-name astringent or freshener.

Women who use high-priced makeup removers would do

well to switch to an alcohol-water combination. If you're a man who had to give up after-shave lotion because you couldn't afford it, alcohol provides the same pleasurable sensation. All that's missing is the scent.

And never minimize the value of plain, old-fashioned washing. By keeping the pores unclogged, simple cleanliness allows the skin's natural lubricating oils to flow freely.

If your skin is sensitive to soap, then the next-best product is a rinsable cleanser. Mayonnaise or milk make excellent and economical rinsable cleansers.

Another recommended treatment for older skin is called "exfoliation." Its purpose is the even shedding of surface skin and the ridding of excess cells that accumulate in the pores.

Several times a week, and preferably right after washing, rub the entire face and neck with a washcloth, using a brisk circular motion. If you feel that your skin needs a tougher scrape, a sponge or brush might be substituted for the washcloth.

The skin also needs exercise to keep young. Under the facial layer are bones, blood vessels, connective tissue, fat nerves, and muscles. The very contour of your face is determined by the bones of the skull, by the muscle flesh underneath the skin, and by the muscles partly attached to the skin. Once one grows up biologically, however, the muscles of the face start a downward trend, and skin elasticity starts to weaken. Sagging and lines may appear.

Muscles attached to the inner skin may weaken, fatten, or shrink if unexercised over the years. The areas they control are potential targets for age lines, folds, and furrows. But if the muscles are toned through exercise, they can regain their original size and shape.

The elastic quality of the skin and the muscles beneath it help determine firmness and smoothness. Gaining good muscle control, through exercise, can help correct the effects of the downward pull of gravity, help keep your skin elastic, firm, and tight.

Exercise also counters certain lines and wrinkles that have nothing to do with drying, pollution, or cleanliness. These are called "expression lines."

Your expression lines are formed by the habit of "setting" your expression; using muscles to express various emotions too often and "holding" them for too long a time.

Expression lines are a reflection of your mental and emotional life.

If your feelings about yourself are positive, your face will project this. If you take an interest in things, in what is happening around you, you'll have an inner glow, a ready smile, a joyful spirit, and a facial radiance.

Facial exercises, like most exercise, should be done in very slow motion. Moving muscles slowly allows the individual fibers to be fully used. After practicing these exercises before a mirror, you should be able to do them from memory.

1. *Exercise for drooping upper eyelids, lower eyelids, crow's-feet, tired eyes.* With eyes open, raise eyebrows to their highest possible position, to the slow count of 1 and 2 and 3 and 4 and 5 and 6. With eyes still raised, blink 10 times. Lower eyebrows to the same count, then relax your eyes and face to the count of 1 and 2 and 3. Next, close eyes tightly while counting 1 and 2 and 3 and 4 and 5 and 6. Stop pressing. Leave your eyes closed and relaxed while counting 1 and 2 and 3.

2. *Exercise for eyestrain.* Look right as far as you can, without moving your head. Hold this position while slowly counting to 6. Look down as far as you can. Hold to the slow count of 6. Look left as far as you can, to the count of 6. Then look up, to the count of 6. Relax, then blink eyes while counting to 3.

3. *Exercises for upper lip, lower lip, pouches, sides of mouth, and upper chin.* Place middle and fourth fingers of each hand below the nostrils so they meet. Little fingers should be at each end of the mouth. Pull outward slowly and hold while counting to 6. Stop pulling and remove

fingers. Relax face to the count of 3. Open mouth slowly, teeth parted about ¼ inch, and take a deep breath. Exhale by blowing through lips so they flutter. Relax again to count of 3.

To exercise the lower lip and upper chin, place three fingers, beginning with the index finger, on your chin. Pull outward and hold to the slow count of 6. Stop pulling and relax to the count of 3.

For furrows around the mouth, try smiling. Keeping lips and teeth together, smile with the mouth closed, lifting mouth corners as high as possible. Stop smiling and relax to the count of 3. Then lift left mouth corner as high as you can, holding until the slow count of 6. Lower left mouth corner and relax to the count of 3. Lift right corner as high as possible, to the count of 6. Lower right mouth corner and relax to the count of 3.

Keep lips together. Push lips out into a pucker, holding to the slow count of 6. Relax mouth to the count of 3.

Between proper exercise and hygiene, you'll be doing all that you can, on the outside, to protect the youthfulness of your skin. However, all the benefits can be canceled by poor eating practices.

A nutritious, balanced diet is crucial for good skin health. Such a diet must include ample protein from lean meats, fish, poultry, eggs, and dairy products, as well as from fresh fruits and vegetables. Adequate amounts of water—not debilitating alcoholic drinks, soft drinks, or coffee, but good, pure water—help to keep your oil and sweat glands strong, healthy, and functioning efficiently.

Your skin will give impressive evidence, such as drying, scaling, wrinkling, and sagging, when there is any lack of vitamins, especially A, found in green and yellow vegetables; D, found in milk; and B-complex, found in liver and meats. Skin infections might reflect lack of vitamin C, found in fresh fruits and vegetables. Difficulties with the skin can be alleviated with supplements if your diet does not contain all the needed nutrients.

Though once past sixty, your need for calories decreases, your nutrient requirements are the same as when you were some years younger. And since you probably need to be more economical, greater care must be used in the selection of food.

To provide all the nutrients your complexion and your body need, variety, combination, and balance are of the utmost importance. Foods must be prepared carefully—not overcooked—and eaten when fresh, to give the utmost value in the vitamins, minerals, and other nutrients.

While dietary balance must always be maintained, unsaturated fatty acids seem to play a key role where skin health is concerned. Acting as a stimulant on the oil-producing glands, this food factor combats dryness. It is found most abundantly in soybeans and sunflower seeds.

Independent experiments in different parts of the world have come up with interesting random facts about skin care.

A California internist, after studying 1,100 subjects, found a strong association between cigarettes and premature skin wrinkling. He concluded that prolonged smoking can produce "crow's-feet" at the corners of the eyes.

According to Dr. Evan Shute, noted authority on vitamin E, this nutrient has beneficial effects on distressed skin. In the form of an oil lotion, it speeds the healing of sunburn and other tissue damage.

It has been found in numerous surveys that sudden weight loss, or continual gaining and losing of weight, may cause a premature appearance of aging. The trauma to the muscles and connective fibers in the two lower layers results in sagging facial skin and a double chin.

Rest and exercise are beneficial to the skin, as expected, but only when done on a regular basis. The person who gets the same amount of needed sleep every night and engages in pretty much the same amount of body conditioning every day, will look youthful until a far later age than the one who does these things spasmodically.

Chronic alcoholics' skins show the ravages of abuse at a much earlier age. People who move from one fad diet to another also develop sags, wrinkles, and furrows very rapidly.

Finally, what if your skin has been damaged beyond normal repair? That is to say, if no amount of hygiene, exercise, and diet can rid you of those disfiguring symptoms associated with aging, is there any hope for you?

The answer is yes, provided you have enough money. Chemical skin-peeling is a more elaborate form of exfoliation, practiced by dermatologists, surgeons, and cosmetologists. There are also processes called chemical surgery and dermabrasion, which should only be performed by qualified physicians. You also have the choice of restructuring procedures, ranging from simple face-lifts to full-scale plastic surgery.

All these methods, if you can afford them, have merit. But none is lasting; you must practice good personal skin care if you don't want a recurrence. Your physician can best advise you on what treatment to seek and where to go for it.

But the best "treatment" of all begins long before you will ever need a doctor. In a sense, beauty *is* only skin deep, but the deeper you allow it to penetrate, the longer it will remain with you. In terms of self-care and preservation, age definitely does not come before beauty!

BEAUTY AIDS FROM THE KITCHEN

Mother Nature will lend you an inexpensive hand if you give her a chance to do so. Anyone, but especially if counting pennies is a factor, can continue to take care of his or her appearance without spending a bundle.

Did you know there are many foodstuffs in your kitchen that are superb but inexpensive beautifiers?

If you are bothered by oily skin, for example, oatmeal can dry it up. Perhaps your oily-skinned teen-ager should be

putting oatmeal on his or her face as well as into the tummy.

Olive oil and mayonnaise are good treatments for dry skin and hair, while dishpan hands can be improved by bathing them in milk or rubbing them with grapefruit peel.

The following list of kitchen beautifiers contains nothing that requires elaborate mixing or preservatives.

Baking soda. For sunburn, make a paste of baking soda and water and apply to burned skin. When dry, rinse off with warm water.

Bath for dry skin, good on hot day: Add ½ cup baking soda to tepid water. Will soothe dry or irritated skin.

For tired feet, soak in a basin of warm water, using 1 tablespoon of baking soda. Use terry towel to fluff off dead skin if any.

As a mouthwash, use 1 teaspoon of baking soda in water, as strong a mixture as possible.

Bananas. As masks for dry skin, mash a ripe banana and rub into face with fingertips. Leave on 15 minutes or more. Rinse off with warm water followed by a splash of cold. Leave a thin coat of banana oil on your skin if desired.

Beer. Use leftover beer to set hair. Mix a little strained lemon juice for blond hair.

Butter. For parched skin, rub a frozen stick of butter or margarine over the face, elbows, shoulders, and back. Works best on taut skin areas. Leave on 5 minutes and shower off with warm water.

For rough hands, use a leftover pat of butter to soften hands after having hands in water.

Cucumber. Use as moisturizer for all skin types. Rub a slice of cool unpeeled cucumber over the face after cleansing. Do not rinse off.

You can use this anytime but it is especially good before you go to bed at night or on a hot day. Farm women sometimes pick a cucumber right off the vine, cut it open, and apply juice right on the spot to moisture-parched skin.

For a body rub, cut an unpeeled cucumber into 2-inch slices and rub juice from both ends into skin at the end of a hot day. Good after a shower or bath.

To rest the eyes, put a slice over each eye to relax them. Or do separately when your eyes feel tired or look puffy.

Eggs. Use as a mask for all skin types. Apply beaten or unbeaten egg white to freshly washed face. Leave on 15–20 minutes. Rinse off with warm water followed by cold. Extremely effective on mornings when your face tends to be puffy or you have a hangover.

Mask for dry or normal skin: Beat a whole egg or egg yolk with a teaspoon of honey. Spread on face and let dry—ten minutes or so. Wash off with warm water followed by a splash of cold.

Mask for dry or normal skin: Mix egg yolk and 1 tablespoon evaporated milk. Follow instructions above.

Setting lotion: Mix one or two egg whites with a little water and apply on hair with cotton pads.

As conditioner for dull hair: Beat two eggs until fluffy and apply to clean hair. Leave on 30 minutes. Rinse and shampoo.

As shampoo, add a whole egg to plain shampoo as a protein enricher.

Mayonnaise. Use as conditioner for dry skin. Use for cleansing or conditioning dry skin. Use only a small amount. Leave on skin up to ½ hour. Remove thoroughly and follow with astringent.

As conditioner for dry hair: Shampoo hair and work small amount of mayonnaise into scalp and all the way to the ends. Be sure to cover split ends. This makes hair very oily and is extremely difficult to shampoo out. Use sparingly. Excellent on bleached hair.

Milk. Skin cleanser: Apply fresh milk to face with cotton pads. Rinse off with warm water followed by cold.

As a bath: In the past, great beauties bathed in pure milk, a luxury today because of the cost of milk. Many expensive

bath preparations today contain dry milk and in fact are generally called milk baths.

For a milk sponge bath, apply room temperature milk with a sponge while sitting in a bathtub. Soak up milk at bottom of tub with sponge and reapply, paying special attention to the hands and feet.

For dishpan hands, soak hands in bowl of fresh milk to soften them. Leftover milk from meals can be used for this—pour into shallow bowl.

Oatmeal. Use as a body rub for oily skin. Rub small handfuls of oatmeal on skin. The dry oatmeal will absorb oil. Stand in a bathtub or on paper to do this, otherwise you'll have a messy floor or rug.

For rough hands, put clean hands into a large box of oatmeal and move them around for several minutes.

Mask for oily skin: Mix dry oatmeal with milk to make a paste. Put on face with fingers. Leave on 15 minutes. Rinse with warm then cold water.

Lemon. As rinse for oily blond hair, add strained juice of two lemons to one pint water, pour over hair. Do not rinse out.

As bath for oily skin, add one cup strained lemon juice to tub of warm water to cool body and reduce oiliness.

Olive oil. Treatment for dry skin: Soak cotton pads in warm olive oil and cover face with them. Place a hot towel over the pads so the heat penetrates the skin. Lie flat while doing this. Leave some of the olive oil on the skin at end of treatment.

For eyebrows and eyelashes: Apply olive oil directly to sparse brows and lashes. This is said to encourage thicker growth.

Oranges. For wrinkled skin, use after removing the juice from an orange half. Rub the pulp of the orange over your face, neck, shoulders, and back. Extra good on a hot day.

Watermelon. For moisturizer, cut thin slices of chilled

watermelon. Lie down and cover your face with them for one-half hour.

Honey. As mask for normal skin, mix 1 tablespoon honey with same amount dry wheat germ. Leave on 20–30 minutes. Rinse with warm, then cold water.

Grapefruit. For dry elbows, rub the pulp of a leftover grapefruit into elbows.

For hands, rub the inside peel of a leftover grapefruit over hands to let them absorb oil from the peel.

19

Stay Slim: Your Waistline Is Your Lifeline

Fat people are so badly discriminated against that they could easily constitute an underprivileged minority—if they were a minority. Job pickings are not only slim for the overweight, but their future is bleak.

Fat is a fatal disease, even though the death certificate may read heart attack or stroke. Obesity is a malady that can result in diabetes, atherosclerosis, and a whole spectrum of unpleasant disorders.

There's no doubt now about what those extra calories can do to your health. Employers know the obese are bad insurance risks. The fat-afflicted are truly handicapped—with more than their share of incapacitation, discomfort, and emotional disorders.

Overweight is the number-one health problem in Western countries. More than half of people over thirty are overweight. The statistics are even larger for people over sixty-five, probably because the mature adults eat more, exercise less.

Too many have cultivated the "ickysweet" American flavor developed by the baking industry to satisfy four-year-old palates. The food industry—in their boxes, packages, jars, cans, and warm-and-serve aluminum trays—continues to devise richer, sweeter, starchier fare to stand in for Mom's wholesome cooking. These extra starches, sugar, and fats are cheap fillers that crowd out important lean

meats, vegetables, fruits, and necessary ingredients for good health.

To remain overweight is flirting with early death. Insurance statistics show mortality is up to 50 percent greater in overweight policy holders than for those of normal weight.

Metropolitan Life's Dr. Dublin has this comment about obesity: "I do not suggest that weight reduction is a panacea for all difficulties of the overweight person, but it can bring him substantial benefits—physical, psychological, social, and economic. Getting rid of his excess poundage in a sensible manner and keeping it off will make him look and feel better. He is also likely to live a longer and happier life."

Former New York legislator Thomas C. Desmond named the culprit: "Through the control of but one factor—food—we can either help ourselves to extra years of vigor or cut short our lives in what should be the prime of life. If your weight is normal, you are probably eating your way to health. Extra pounds, on the other hand, mean fewer years on this earth. Don't dig your grave with your teeth."

According to obesity experts, "overweight" and "obese" mean two different things. You are overweight when you weigh more than you should for your height, build, and sex according to "normal" weights. You are obese when you are 15 percent or more overweight. Sedentary persons may be excessively fat even though not overweight. The opposite condition, overweight without being fat, is common among people doing heavy physical work.

Because of this, the measurement of fat now used is the skinfold. Doctors use calipers for this, but you can do the pinch test yourself. If you're over sixty, the combined thickness of the skin and the fat immediately beneath the skin on your upper back arm should be between half an inch and one inch.

Or if you want to find out if your midsection might be too thick, try the Pinch Test there, on one side of your waistline. Is it more than one inch?

The best way to find out how much your abdomen pro-

trudes is to lie on your back, in the nude, and place a ruler on your body so one end rests on your rib cage. The other should be on your pelvis. If you're slim enough or if you are in good physical condition, both ends of the ruler will touch. If you are too fat, the ruler will hover and bob on your protruding belly.

If your chest size and your waist size are the same, you are obese. If your waistline is bigger than your chest, you are very obese. A mirror will show you how your body contours have changed.

If you don't like the way you look, remember that *you*—and *only* you—did that to yourself.

It is the opinion of many physicians that obesity is preventive medicine's greatest failure.

The fat-afflicted are truly handicapped at any age, but most of all when they get older—with more than their share of incapacitation, discomfort, and emotional disorders. Overweight is too often accompanied by malnourished self-confidence.

"Most fat people really don't like themselves," said Velma Buck, a lifelong "fattie." "It's really more of a mental than a physical problem for many because they give up too soon." Miss Buck said she felt guilty all the time with her excess weight. She knew people were deriding her for her lack of willpower.

Fatties face discrimination in job opportunities, often miss out on love, and find day-to-day living much more tiring carrying around all those extra pounds. Would you like to carry a twenty-pound package day in and day out? It's no different carrying around excess weight.

Tension and frustration stemming from overeating often become intensified as the person becomes too weighted down with excess fat to cope.

The seesaw existence of loss and gain, so discouraging and demoralizing, causes fat people to lose their sense of realism. There are as many alibis for being overweight as there are overweight people.

Alice P. came to see me because she was fat. She "inherit-

ed" it, so she said. But what she did inherit, in fact, was the family cookbook and the family traits of eating overrich, oversweet foods.

"It is your body, your health, your life that you are living and not that of your ancestors," I told Alice. "Today you have the opportunity to eat foods that keep you young and slim."

Because of modern conveniences, I explained to her, people seldom expend the same level of energy their ancestors did. Heavy physical labor requires about 300 calories per hour; deskwork requires only 40 to 50. Because of different energy requirements, calories needed will vary from person to person depending on activity as well as size.

A calorie is the amount of heat energy needed to raise the temperature of one gram of water by one degree centigrade, and is the unit of energy used in dietetics. The body's requirements during eight hours of sleep come to about 500 calories—more if you are in a cold atmosphere.

When I advanced the question, "Why are you overweight?" I expected the usual "glandular excuse." And I got it.

The term "sluggish metabolism" means a person not only has trouble expending energy, but also has difficulty building tissue. Therefore sluggish metabolisms do not readily build up those fatty tissues Alice P. was commiserating about.

If she ate the average "civilized" diet, she was eating more than 40 percent fat. And 25 percent of this fat is probably the saturated kind which helps form cholesterol deposits in the arteries and stones in your gallbladder. That is why it is vital to eat more nutritious foods in any program to lose weight.

Today's food processor appeals to the indiscriminate eater by presenting his wares in ever fancier dress—sauced with gravy, wrapped in gooey pastry, au gratined with cheese substitutes, en casseroled in heavy creamy gloop, or otherwise calorie contaminated. These extra starches, sug-

ar, and fats are cheap fillers that crowd out the foods you should have—lean meats, vegetables, fruits, and dairy products.

Alice P. complained of gallbladder trouble and indigestion when she ate fried foods. I was not surprised.

Fried foods and rich foods result in cholesterol-forming stones that inflame the gallbladder, blocking the duct leading to the intestines. I recommended a diet low in saturated fat which, for the most part, means animal fat.

Often when obese people come in for checkups to go on a weight-loss diet, they find they have become diabetic, if only mildly.

A sweet rich diet causes the pancreas to malfunction. The sugar and starch foods taken into the body create an extra burden on an already disordered gland. The insulin-producing cells of the pancreas may eventually wear out under this great burden of digesting excessive quantities of sugars and starches.

Unfortunately, because of sugar abuse after the age of forty, the diabetes rate takes a sharp upward turn, with the greatest number of cases affecting persons between the ages of fifty-five and sixty-four.

Many overweight people have diabetes and do not know it. Although being overweight is one symptom, other symptoms indicating a predisposition to diabetes are: brittle nails that split easily, poor teeth, bleeding gums, pyorrhea, cracks in the tongue or lips, eczema and other skin infections such as pimples and boils, dryness and itching of the skin, infection of the eyelids, excessive dryness of the mouth, dimming vision, excessive thirst, frequent and excessive urination, loss of weight and weakness despite a ravenous appetite, headaches and dizziness, dropsy and excess fluid, irritability, and numbness and tingling of the extremities.

Anyone who is overweight or who has passed the fortieth birthday should have regular examinations of the urine to detect the possible onset of diabetes. Many clinics offer

such tests free. Diabetes may be controlled by insulin injections and its severity may be lessened by weight control and proper eating.

Dr. Kurt Wolff of the Veterans Administration warns that overweight makes the heart pump harder to send the needed blood to those extra pounds of fat—often through arteries clogged with fatty substances.

At forty our food requirements are less. Yet from habit we continue to eat the same diet and excess weight piles on, with all of its troubles including the strain on bones and joints that can lead to painful arthritis.

What about people with psychological problems? The fast eaters who don't realize how much they eat, the compulsive plate cleaners, those with eating responses to tension, the ones who isolate themselves on an "island of fat," and those who replace the oral drive of smoking with the oral drive of eating.

Dr. Wolff pointed out that most people do not realize they must reduce food intake after forty when, generally speaking, physical activity declines.

"Overweight is not part of growing older," I told Alice P. "Men and women of sixty, seventy, and older who retain their slender, youthful-looking bodies refute the idea. Dieting for health is more than counting calories and puritanical do-withoutism."

In a day when most people are struggling to avoid harmful additives in food that might give them cancer or other degenerative diseases, the most harmful additive of all is the fat-building extra calories processors put into their foods.

Following the latest discoveries in healthful foods, Yehudi Menuhin, the famous violinist, is an enemy of white sugar, with its harmful empty calories, and a lover of raw fruits and vegetables. He is one of the world's best-known natural food enthusiasts and attributes his vigorous trimness and vitality to eating more than empty calories.

Every woman admitted to the Stanford University Hospital at Palo Alto, California, is put on a diet devised by a nutritionally oriented team headed by Dr. John Schroeder. Patients who use this diet for their recovery become so enthusiastic about its slimming value that they feed it to their families after being released from the hospital.

The Stanford diet also cuts food costs. It limits the intake of red meats, especially expensive ones with visible fats, to only three ounces a day. The recovery diet provides the body's protein needs by a generous allowance of cheaper, and less cholesterol containing, skim milk, fish, and poultry.

By substituting lots of low-calorie, bulky, rough foods like fresh crisp vegetables and raw bran, plus drinking lots of water, bowels are stimulated and constipation relieved. These foods have a double advantage: they are low-calorie and provide the bulk needed in a reducing diet.

But there is more to losing weight than measuring food. Achieving thermodynamic balance in your body with protein is one. Protein is converted into glucose at a slower rate than carbohydrates and keeps the blood sugar more stable. A protein-rich breakfast of eggs or meat keeps you feeling "full" until lunch, while one consisting of toast, sweet roll, or processed cereal has you hungry again at 10 A.M. That is because carbohydrates cause a more rapid drop in blood sugar.

You are the recombined total of the food you have eaten all your life. Protein makes up the most important solid part of your body unless you have more fat than its 19 percent protein content.

Physiologist Anton J. Carlson of the University of Chicago once described protein as "more intimately bound up with the integrity of life of the cell itself than any other body chemical."

Cottage cheese is probably the cheapest protein food available. It is an excellent luncheon protein and blends

well with both fruit and salads. Known as the dieter's mainstay, cottage cheese is low in calories and high in volume, tasty, rich in protein and calcium—a chewable dairy product low in fat. Only yogurt can match cottage cheese in nutrients and versatility to increase protein in your diet. Eggs still remain relatively inexpensive for the protein they provide.

Proteins from meat and fish range from the moderately priced to expensive depending on your choice. But chicken and turkey are well within reach of even the most limited budget. Of course, meat proteins can be combined and stretched with vegetable proteins of soybeans, peanuts, wheat germ, beans, and peas to provide a low-cost diet. Other plant foods relatively high in proteins are lentils, mung beans, oatmeal, and sesame seeds. These can also be used as "extenders" with meat, fish, or dairy products.

Most dieters begin to feel better right away when they eat protein foods rather than those with lavish rich sauces, fillings, and toppings.

Most people trying to lose weight make their promises in the bathroom and break them in the kitchen.

The best slimming diet for anyone past middle age is one that limits sugars, starches, saturated fats, and cholesterol. For dessert, fresh fruit with its subtle flavors and valuable nutrients. Cheese and fresh fruit is a favorite European dessert for gourmets.

Mrs. Deborah szekely Massanti of the Golden Door Spa advises her clients to "spoil" their appetite with a cup of consommé, a half cup of yogurt, or a piece of fruit about a half hour before eating a meal. You'll find you're less hungry, because eating something beforehand causes the blood sugar to rise. Other diet experts advise drinking water or fruit juice to curb the appetite before a meal.

Don't eat seconds is another piece of sound advice.

Here are two luncheon salads to help you keep slim.

TOSSED FRUIT SALAD WITH COTTAGE CHEESE

The tangy taste of this tossed fruit salad makes an excellent bed for simple cottage cheese. Notice that no high calorie dressings are needed.

1 can mandarin orange segments
2 grapefruit, sectioned
1 tbsp safflower seed oil
1 tbsp wine or cider vinegar
1 tbsp minced fresh onion
¼ tsp dry mustard
⅛ tsp paprika
1 head lettuce or lettuce fresh from the garden
2 tbsp sesame seeds
½ cup cottage cheese

Drain orange segments. Pare and section grapefruit. Combine fruits. In a small jar with cover, combine oil, vinegar, onion, mustard, and paprika. Cover and shake well and blend. Pour mixture over the fruit and chill. To serve break lettuce in bite-sized pieces. Add fruit to a bed of lettuce. Top with cottage cheese. Pour over dressing and top with sesame seeds.

BEEF AND CAESAR SALAD

4oz (1 cup) cooked beef cut in thin strips
½ cup cherry tomatoes, halved (or tomato slices)
1 cup fresh spinach, torn
1 cup lettuce, torn
garlic juice to taste
sesame seeds for topping

Season beef strips with herbs or salt. Combine greens, tomatoes, and beef. Spoon on desired amount of Caesar dressing. Top with sesame seeds.

CAESAR DRESSING

1 egg
⅔ cup salad oil
3 tbsp Roquefort or blue cheese, crumbled
¼ tsp garlic salt
½ cup yogurt
1 tbsp lemon juice

In a small bowl, beat egg slightly. Gradually add oil, beating at medium speed with an electric mixer or rotary egg beater. Add remaining ingredients. Beat smooth. If possible, chill for an hour before serving.

As an afternoon pick-me-up, especially if you are expecting a late dinner, try a cup of bouillon or herb tea. Such a pause can forestall a thirst that could result in drinking calorie-expensive cocktails or beer, which should be kept under control in any slimming program. However, if you are asked to join a group for cocktails, you can still stay within bounds by sipping a glass of dry wine.

Dieting for mature people should be a way of life.

It should enable them to control their bodies to achieve their goals of a happy and healthy longer life. Getting slender—and staying slender—is a matter of choice . . . your choice.

Will you make the choice that will enable you to slim down and like it? For your healthier, longer life, I hope so.

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The 1,400-Calories Maturity Diet

Crash diets are not on my list of effective reducers.

The extremely low-caloried meals shortchange you on needed protein, vitamins, and minerals unless every precaution is made in planning them.

You may lose five pounds in one week, but you gain them back the next. Unless you stabilize your diet according to your energy output, this off-again on-again practice can continue indefinitely. You keep right on losing the same five pounds and gaining them back over and over again. And this is especially true as you grow older.

The mature person can lose a pound or more in a week on 1,400 calories without going hungry. The Maturity Diet was planned with this in mind.

Easy does it every time. What's the rush? Let's call it your Lifetime Eating Plan instead of a diet.

Remember that you don't have to settle for a hit-or-miss, up-and-down feast or famine. You can have fool-the-appetite, low-calorie feasts that will enable you to get slim—and stay slim.

THE 1,400-CALORIES MATURITY DIET (Basic Menu Outline)

Breakfast

Choice of:
1 fruit (high vitamin C fruit such as orange, grapefruit, or strawberries once a day)
2 eggs, poached, boiled, scrambled, shirred (no butter), or 1 egg and 1 ounce of lean meat, or 2 ounces of lean meat (not fried)
1 thin slice of whole-grain bread or toast *(if you must)*
1 tablespoonful of cottage cheese for spread
Black coffee, tea, or Coffee Slim (made with ½ cup coffee and ½ cup hot skim milk), no sugar
Vitamin-mineral food supplement

Lunch

4 ounces of meat, poultry, or fish, or 1 cup of cottage cheese or yogurt
2 vegetables, lightly cooked (or raw)
1 mixed green or raw vegetable salad
Fresh fruit, gelatin, or junket dessert (made with skim milk and no sugar)
Vitamin-mineral food supplement

Dinner

1 cup of consomme or bouillon
4 ounces of meat, poultry, or fish
2 vegetables, lightly cooked (or raw)
Tossed green, raw vegetable, lettuce and tomato, or citrus fruit salad
Fresh fruit or low-calorie dessert as above
Vitamin-mineral food supplement

Limit your liquid intake with meals to one cup of coffee, tea, or Coffee Slim, and one cup of clear broth. Drink as much water or other nonfattening liquids as you please between meals.

No salad dressing *except:* one teaspoonful of safflower oil and lemon juice for each salad.

Bread only if you absolutely must; a maximum of two slices a day. One slice of whole-grain bread with cottage cheese spread for breakfast and one other meal, but not all three.

No butter on your vegetables.

Trim all fat from meats. Broil or roast meat and poultry. Broil, bake, or poach fish.

Midmorning Energizer

Four ounces of tomato juice, mixed vegetable juice, clam juice, or sauerkraut juice. Or a cup of consommé with plain gelatin dissolved in it.

Midafternoon Bracer

Tea, coffee, or Coffee Slim. Sweeten with 1 teaspoonful of honey for quick energy, if you wish. Hot consommé or bouillon, or either one on the rocks with a slice of lemon. Your choice of any of the slimming snacks: crisp raw vegetables such as celery, radishes, cabbage, cauliflower, raw turnips, cucumber, or carrot sticks. Or a glass of skim milk or buttermilk.

Lullaby Nightcap

Off to bed with a warm, comfortably filled, and relaxed feeling by choosing one of these: hot herb tea with honey and skim milk, a glass of buttermilk, hot or cold skim milk, one-half cup yogurt, or hot or cold Coffee Slim made with

your favorite coffee substitute for a sleepytime beverage. The calcium in yogurt, buttermilk, and skim milk aids in relieving jangled nerves and inducing sleep. Hot apple juice with a dusting of cinnamon is delicious. Or hot bouillon or consommé, of course. And do try hot tomato juice with a sprinkling of celery salt. Have any of them cold if you like, but a warm drink at bedtime is generally more satisfying and relaxing.

EIGHT EASY CALORIE CUTS

1. Always broil, bake, or roast meat and poultry, and broil, bake, or poach fish. For extra flavor with fewer calories, instead of dotting with butter, baste with tomato juice, bouillon, or a little white wine.

2. If you must eat bread, use a butter substitute of cottage cheese whipped to a creamy spread. Butter has 50 calories per pat, cottage cheese only 15 per tablespoon—and you save at least 35 calories.

3. Budget cuts of meat don't need sauce or gravy to make them appetizing. Try serving them with these low-calorie embellishments: mushrooms (cooked in soup stock or bouillon, not butter), broiled tomato slices, or strips of braised green pepper and celery with sprinklings of parsley and herbs.

4. Cut your calorie cost in half by getting the habit of substituting skim milk or buttermilk for whole milk. Skim milk, buttermilk, and the ever-handy powdered skim milk contain as much protein and all of the vitamins and minerals (with the exception of vitamin A) that whole milk does, with more than 80 calories saved on each 8-ounce glass.

5. When you fry your breakfast egg it adds up to about 175 calories. Lop off that extra 100 calories by having it poached, boiled, scrambled (in a double boiler with no butter) or baked in a small ramekin or custard cup in 2 tablespoons of skim milk or tomato juice.

6. Pull your figure out of the dumps and boost your ener-

gy with another egg idea. Whenever possible, add an extra egg white to your scrambled egg, or combine two or more whites with one whole hard-cooked egg chopped up in a luncheon salad. The white of an egg has only about one-fifth of the calories in a whole egg, but contains more than half of the protein.

7. For the rest of your life skip the sugar-and-starch break of coffee and sweet rolls or doughnuts that most office workers and many housewives have at midmorning or mid-afternoon, and substitute more healthful, energizing protein pickups or slimming snacks.

8. Cut down on meat calories without cutting down on the important protein portions. Simply trim every shred of visible fat from all meat to make sure that it's really lean, and see to it that it's cooked *simply*—without butter, gravy, or sauce.

PART V:
Your Nutrition for a More Robust Maturity

Foods that energize and "rejuvenate" your body. Nutritional substances that prolong your youthfulness. Foods to avoid. Including the famous 10-Day Diet to Pep You Up.

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Are You Wasting Money on Empty Calories?

When Adeline Murphy suddenly became a widow, in her late fifties, she was thrown into difficult financial straits. Her husband left her a small inheritance and large debts. A "homebody" for all of her married life, Mrs. Murphy had no marketable skills. Though hardly a pauper, she realized her life-style needed some radical changes.

Mrs. Murphy had one thing going for her: an indomitable spirit. A precise budgeter, she rearranged her finances so well that no one noticed any difference in her new life-style. Hale, hearty, and vigorous, she took good care of herself—especially where her health was concerned. When it came to eating, Mrs. Murphy was a careful shopper: not one cent was wasted on food she didn't use.

And yet something was wrong. Even with all her thoroughness at the marketplace changes appeared in Mrs. Murphy over the years. Her skin, once smooth and downy, developed a permanent layer of goose pimples. Her face, which used to be soft and glowing, became bloated and glassy-eyed. At the slightest exertion she'd be overcome by fatigue.

As these symptoms progressed, her anxiety grew, leading to frequent periods of depression. Headaches increased, and on many a night she tossed and turned, unable to fall asleep.

By now, Mrs. Murphy was in her sixties, collecting Social

Security. She became progressively more forgetful. Her conversations were sprinkled with repetitions and irrelevancies. There was a nervous quality about her at all times.

Because Mrs. Murphy continued to "look after herself," friends and neighbors agreed that there was only one answer: senility. When rumors of this catch-all "diagnosis" reached her, it really roused her temper (one thing she hadn't lost was her spirit)!

"Senility!" she retorted. "At my age? Ridiculous!" To prove her point she went to her doctor for a complete physical examination.

But the physician wound up mystified. If Mrs. Murphy ate as well as she claimed, why did all her symptoms point to one diagnosis—nutritional deficiency? In other words, why was she undernourished—literally suffering from malnutrition? It just didn't make sense, unless she only *thought* she was eating well.

Fortunately for Mrs. Murphy, her physician was knowledgeable about the serious health consequences a poor or unbalanced diet could lead to, and he recommended she visit me for a nutritional analysis.

The very moment she breathlessly burst through my office door, she defiantly asked, "Do I look undernourished to you?"

Quickly, I made mental notes of her sallow, drawn face, goose-pimpled skin, thin bony frame, and the continuous nervous twitching of her hands and lips.

"Well," I said, sizing up what even her perky posture and challenging gaze couldn't hide, "you do look like you haven't been eating properly."

"Now don't *you* start with me! I eat three full meals a day, and they're all loaded with nutrition."

There was something irresistible about this defiant little lady. "I'll tell you what," I said. "Let's both of us go shopping, right now. I want to see personally how you pick your 'nutritious' foods."

Unfazed, she led me to the supermarket, pulled out her

shopping list, and proceeded to wheel her cart up and down the aisles. No question about it, Mrs. Murphy was thorough. Before taking any can or package of food, she compared brands and sizes by their unit prices to make sure she was getting the most quantity for her money. But Mrs. Murphy went a step further than most shoppers. Wherever packages listed vitamin and mineral contents, she invariably chose the ones that seemed to offer the greatest nutrition, regardless of price. And, of course, she leaned toward foods that were simplest and quickest to prepare.

"Well?" she said proudly, as we approached the checkout counter, "Still think I'm undernourished?"

"I hate to disillusion you," I replied, "but what I said before still goes. You're not eating properly."

Mrs. Murphy gazed at me helplessly, crestfallen. I'd seen that same look in many people of her age. It seemed to say, *"What else can I do? I have little enough money as it is. I'm doing the best I can under the circumstances. Maybe I could eat better, but I simply can't afford to."*

"This shopping trip is on me," I said, "so let's start from scratch. For everything you bought, we'll see if we can find a better substitute."

Our first stop was the bread department, where I took from her cart the packaged product she'd chosen. It was plain white bread, one of the cheapest on the shelf. But, big bright lettering on the package announced that this bread was ENRICHED. To Mrs. Murphy, that word made the bread a good buy.

But what does "enriched" really signify? The average shopper takes it to mean that the bread flour, during the milling process, has lost most of its nutritional content. To make up for this loss, the manufacturer subsequently "enriches" the denutritionalized white flour by adding a few synthetic vitamins and minerals. The process of enriching is equivalent to a robber stealing your wallet containing $100, then leaving you $.25 conscience money for bus fare home. Quite often, the refining process removes as many as

forty nutrients from the whole grain—while only five or eight are restored as "enriched."

Mrs. Murphy was quite surprised when I revealed that many low-income people rely on "enriched" flour products—especially the breads—for their basic nutrition, and that a substantial number of these people suffer from a deficiency of vitamin B-complex.

"How come?" she wanted to know.

"Because only a fraction of the destroyed vitamins are replaced," I explained, "and those replacements are synthetic lab creations. The mature person doesn't realize it, at first, because this deprivation of B-complex takes its toll slowly. Yet, I daresay that many so-called 'senility' symptoms can be eliminated by a proper daily ration of this vital B-complex family."

Some of those early symptoms had already shown up in Mrs. Murphy. Her forgetfulness and irritability were very possibly the result of too little niacin, one member of the B-vitamin family. If allowed to go unchecked, these traits could develop into psychotic behavior. Severe niacin deficiency could also cause chronic diarrhea, among other problems.

But there are many other members in the group of vitamins known as the B-complex. For example:

Without a proper supply of thiamine (vitamin B_1) she was risking neuritis. Vitamin B_2 (riboflavin) deficiency might bring about mouth ulceration and unsightly scales on various parts of the body. The same symptoms, plus one type of anemia, could result from insufficient vitamin B_{12}.

"But B-complex isn't the only nutrient that's missing in bread and other products made from white flour," I went on. "Compared to its whole wheat counterpart, white bread contains less calcium for the bones, less phosphorus for the nerves, less iron for the blood, and less potassium for the heart. Also lost forever in the milling process are such vital trace minerals as copper, cobalt, manganese, and zinc—all of which are important to good nutritional health. Add it all

up and you can realize that white bread provides you with nothing but a lot of useless, empty calories."

While she blinked at me in bewilderment, I urged Mrs. Murphy to spend a few cents more and buy 100 percent whole wheat bread instead of nutritionally poor white bread. Over the long run, it would save her money, because she could get more food value out of far fewer slices.

"Or," I said, "if you really want your money's worth, try baking your own bread." And while she eagerly took notes, I dictated my

LIVE ALONERS' ONE LOAF

1 pkg dried yeast
1 tsp honey
⅓ cup powdered skim milk
1 cup warm water
3 cups whole wheat flour
½ tsp salt
½ cup soy flour
½ cup wheat germ or wheat germ flour

Combine yeast, honey, and powdered skim milk in the cup of warm water. Let stand until frothy (about five minutes). In a large mixing bowl, combine the whole wheat flour, salt, and honey and yeast mixture. Stir well. Add soy flour, wheat germ or wheat germ flour to make a dough soft enough to knead. Spoon into well-oiled pan. Let stand until dough has doubled in size. Place in oven and bake at 350°.

This basic recipe can be further enriched by increasing the amount of powdered skim milk. Bread can be still further enriched by adding soy and peanut flours, millet meal, corn meal (freshly ground as available in health food stores), sunflower seed meal, bone meal, rye, barley, or buckwheat flours.

Mrs. Murphy learned a similar lesson in every department we revisited.

In the juices section, for example, had she inspected the label more closely, she'd have discovered that the "juice"

was diluted with lots of water and flavored with refined sugar, even if it did have a small amount of "vitamin C added."

When it came to cereals, whatever benefits some of them offered were negated by large doses of sugar, salt, and chemical preservatives.

Mrs. Murphy's rough, bumpy skin could very well have been caused by insufficient vitamin A. Her bloated features may have been the first signs of vitamin C deficiency. Lack of calcium could have induced her insomnia, and, as in so many people of Mrs. Murphy's age, too little iron could have caused her easy fatigue. Yet this was a shopper who thought she was getting the most for her food dollar!

The empty calories in refined, processed foods are far more expensive than you realize, because they give little or no nutrition for your money. More than any other age group, mature citizens must ask, as they choose their foods from the supermarket shelves, "Do the contents of this package really represent value for the price I have to pay?"

To safeguard his health, to boost his vitality and capacity for clear thinking—to increase his chances for a long, vigorous life—the elderly person must keep in mind two important points:

(1) Eat more of the natural, unrefined, unprocessed protective foods that are high in protein, vitamins, and minerals.

(2) Eat less of the high carbohydrate (sugar and starch) foods, which are loaded with calories but poor in nutritional value.

Mrs. Murphy was awed when I made these points to her. "I'm just an ordinary, everyday shopper," she said. "If I can't get my money's worth by reading labels and comparing prices, how else can I be sure I'm eating properly?"

"You should train yourself to think nutrition," I said. "At first, calorie counts, protein ratings, vitamin-mineral percentages, and the like may seem a bit confusing. But with a

little practice, thinking nutrition will become second nature to you."

I went back to her cereal purchases as an example. For the same price she spent on a ten-ounce package of a prepared commercial product, she could make the same quantity of her own cereal, consisting of oatmeal, coconut, honey, wheat germ, raisins, almonds, and sunflower and sesame seeds. Combining these with an *un*saturated oil like safflower or sunflower and some water, she would produce a cereal high in nutritive elements and almost nil in wasted calories.

"Now is that so much to memorize?" I asked.

"Why—no!" Mrs. Murphy exclaimed, as if she'd made a startling new discovery. "The way you put it, it's just a matter of plain common sense!"

"And what does common sense now tell you about canned, fortified fruit juice?"

Mrs. Murphy did some fast mental arithmetic before replying, "There must be more vitamin C in one orange than in ten cans of those watered-down products. The whole fruit has *got* to be a better buy!"

"It's better in many ways," I reminded her. "A fresh orange not only supplies vitamin C, it contains fiber to aid digestion, and no chemicals have been added to it."

These simple facts came as bombshells to Mrs. Murphy. It is difficult for people, especially the elderly, to secure information about their nutritional needs—needs that increase because of decreased appetite and food intake. On top of which, skyrocketing food prices have been cruel on persons trying to manage on fixed incomes. Foods supplying the highest nutrition for the money are the foods mature eaters need most of all. What they must develop is a "nose" for lower-cost foods that supply the same—or more—nutrition as the higher-priced commodities.

Among protein food sources, for instance, a serving of economical turkey supplies 56 percent of the average daily

protein requirement, as compared to 52 percent supplied by beef—at about twice the price. Cheaper still is chicken. While a little more expensive than poultry, fish *is* cheaper than red meat and deserves your consideration.

Though cheaper than most meats, liver and beef hearts are powerhouses of needed B vitamins, particularly thiamine, riboflavin, and niacin. So are wheat germ, beans, and dried peas. Beans and liver, when eaten together, complement each other in supplying the extra iron that so many older persons need for a richer, more vital, oxygen-carrying bloodstream.

Skim milk powder (also sold as nonfat dry milk) leads the list of cheaper foods supplying the daily need for calcium—and abundantly so. Two ounces of cheese will provide almost half of the average person's daily calcium requirement, and the least-costly can of sardines supplies nearly 40 percent. Most people don't think of beans as a good calcium source, but they certainly are.

Vitamin A is abundant in the vegetable department. A serving of squash can supply over 250 percent of an adult's daily needs, compared to the more expensive broccoli, which offers around 80 percent. Cheap, "gather-your-own" dandelion greens can supply more than 125 percent. Carrots over 100 percent. And a baked sweet potato nearly 200 percent.

Everyone knows that oranges and other citrus fruits are chief sources of vitamin C. But how many are also aware that raw broccoli and Brussels sprouts also supply high percentages of our daily needs? Green and red peppers are also valuable sources. So is inexpensive raw cabbage. Raw tomatoes supply about one third of the average daily need.

When fresh vegetables are in season, their prices are generally at rock-bottom. That's when they can be used plentifully for optimal nutrition. Some, like the tomato, can even form the basis of main courses. You've heard of tomato surprises stuffed with tuna salad or chicken salad, but have you ever tried

SOY-STUFFED TOMATOES

6 or 8 large tomatoes or one for each serving
3 cups soybean pulp
1 tbsp minced onion
1 tbsp minced green pepper
salt and pepper to taste
½ cup diced celery
wheat germ

Versatile soybean pulp is made by pressing cooked dry soybeans through a coarse sieve, or putting them through an electric blender or food grinder. It can be used for many vegetable and meat dishes.

Remove pulp from center of large tomatoes. Sprinkle inside with salt. Fill with mixture of pulp, onion, green pepper, and celery. Cover tops with wheat germ. Place in oiled pan and bake at 400 for 25 to 30 minutes. Green peppers can be stuffed and baked a little longer, until tender.

One could go on endlessly, listing nutritional contents and making value comparisons. It's not necessary to memorize such data—only to remain conscious of the fact that the cheapest foods aren't always the best buys, especially when they've been pulverized, denaturalized, and packaged with chemical additives. On the other hand, lack of money need not mean lower nutrition.

Even on a limited budget, mature shoppers can add zest to their meals and eat healthfully. Shopping trips can become a game to find the most nutrients for the least money, and the kitchen can become your "lab" for new dishes. Usually, it's as easy as taking the time to study labels and making comparisons.

A number of years have passed since my first encounter with Mrs. Murphy. But she is enjoying the dividends of good nutrition. Her skin is smooth and her face is no longer bloated. Her nervousness is gone. Her memory is sharp as a tack. People enjoy talking to her again, and no one calls her senile anymore.

She says she owes it all to that trip we made together to

the supermarket. It turned her into a "nutrition-thinking shopper," as she puts it.

A thoughtful trip to the supermarket can do the same for you.

BETTER NUTRITION IN A NUTSHELL

Two brief sentences can give you the starting points for planning meals that will safeguard your nutritional health, increase your vitality and capacity for clear thinking, and almost guarantee your chances for a longer, more vigorous life.

These are the two important sentences:

(1) Eat more of the natural, protective foods that are high in protein, vitamins, and minerals—and eat at least half of your fruits and vegetables raw (or as nearly raw as possible).

(2) Eat less of the high-carbohydrate (sugar and starch) foods and, as much as you possibly can, avoid the devitalized, processed, overrefined foods that are loaded with calories but are poor in nutritional values.

Begin with these simple, basic principles of good nutrition and add to your knowledge as you go along.

Next, look at your pantry shelves. If they're stacked high with refined and processed foods like—

—white sugar
—white flour
—bleached, polished rice
—white macaroni and spaghetti
—prepared cereals, either sugar-coated or plain
—sweet rolls
—cake mixes
—minute frostings
—instant puddings

—your pantry needs a thorough overhauling. And so do your eating habits.

8 STEPS TO BETTER NUTRITION

STEP 1

Eliminate

All hydrogenated cooking fats: solid shortenings and margarines that stay solid under room temperature, under whatever commercial name. It is also best not to use lard.

Substitute

The unsaturated (liquid) vegetable oils. Safflower oil is preferred because its fat-emulsifying qualities make it valuable in fighting the cholesterol problem, a forerunner of coronary attacks and strokes.

STEP 2

Eliminate

Jars and packages of processed cheese, which include almost as much in the way of chemicals, artificial flavoring, and preservatives as they contain of cheese.

Substitute

Swiss, Cheddar, goat's, or cottage cheese, low-calorie Greek feta, or any natural, unprocessed cheese of your choice.

STEP 3

Eliminate

Prepared, processed, and instant cereals.

The few that might contain a modicum of protein, vitamins, and minerals to recommend them are not worth the price you pay for a box that's only about two-thirds full.

Substitute

Cracked wheat, whole wheat, barley, rye, or millet ce-

real, steel-cut oats, brown rice, soya grits porridge, kasha (buckwheat groats), or any of the whole grains to be found in health food stores.

STEP 4

Eliminate

White macaroni, white spaghetti, and white, polished rice.

Substitute

The higher protein, whole wheat, artichoke, or soya macaroni and spaghetti (sold in health food stores and some supermarkets) and brown or wild rice.

STEP 5

Eliminate

All white bread, white rolls, and sweet rolls from your menu. Discard any white flour that may still be on your pantry shelf.

Substitute

One hundred percent whole-grain bread with no preservatives added. Better still, bake your own bread and muffins, using whole wheat, soybean, millet, and other whole grain flours.

STEP 6

Eliminate

White sugar from your table and from your cooking. The calories in refined sugar are what nutritionists call "empty calories." Sugar contains no protein, no vitamins, no minerals. It's an acid-forming, tooth-decaying, pancreas-overloading product that depletes the body's store of calcium and is a destroyer of important B vitamins, particularly

the nerve-protecting thiamine (B_1) and health-guarding riboflavin (B_2).

Substitute

(1) Honey, the number-one natural sweetener. It contains vitamins, minerals, and enzymes that aid digestion, and is 99 percent predigested. It's an alkalizer; a mild, natural laxative; a quick stimulant and energizer.

(2) Date sugar (made of powdered dates and obtainable in health food stores), another natural sweetener and energy-booster that's rich in vitamins and minerals.

(3) Blackstrap molasses, also vitamin- and mineral-rich, and recommended as a good source of iron. But unless you've previously developed a liking for its rather strong flavor, proceed slowly, using small amounts at a time, until you get used to the unique taste.

(4) Genuine raw sugar or maple sugar, used in moderation, for a change-of-pace sweetener.

STEP 7

Eliminate

All products on your shelves made of white sugar and white flour: cookies, sweet rolls, cake mixes, minute frostings, packaged puddings, jams, preserves, and jellies.

Substitute

Your own desserts made without sugar, made or adapted from the recipes given in any good nutritionally oriented cookbook, including *Cook Right—Live Longer,* The Lelord Kordel Cookbook.

STEP 8

Eliminate

Commercial ice cream from your meals—and between meals.

Such ice cream is far from the old-fashioned, home-frozen, milk- and egg-custard delicacy it used to be. Commercial ice cream is loaded with white sugar, "filler," and chemicals.

Substitute

Homemade ice creams, custards, and fruit sherbets, made from recipes using naturally nutritious products.

A FEW SHOPPING TIPS TO HELP YOU GET THE MOST NUTRITIOUS VEGETABLES AND FRUITS

(1) Buy perishable fruits and vegetables in smaller quantities and eat them before they pass their peak of freshness.

The leafy greens are vegetables that deteriorate most rapidly from causes over which you have control.

The leafy greens are loaded with more vitamins and minerals per calorie than any other food. But, unfortunately, all of them can be partially or completely destroyed by long storage. After just a few days' storage, as much as 80 percent of their vitamin C can be lost. Exposure to room temperature and light for several hours destroys half their vitamin C, and considerable amounts of folic acid and vitamin B_2.

(2) Avoid buying vegetables that have been chemically bleached.

Choose the darker-colored vegetables. Pass up the light colors.

Pick robust-hued carrots instead of pale. Yellow turnips in preference to white. Golden sweet potatoes instead of light yellow.

(3) Avoid the greenish-yellow, sun-bleached, or anemic-looking greens. Select those with the darkest, brightest leaves. These contain the greatest concentration of nutrients.

(4) To get the most for your money, the best in nutrition

and flavor, try to buy the fresh fruits and vegetables that are in season. Refrigerate immediately. Do not wash, pare, or slice until ready to use. And use as soon as possible.

Out-of-season produce costs more and doesn't have the same homegrown flavor that it has at its season's peak.

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Eat Better and More Healthfully Without Going Broke

If you're the average mature person with a fixed or reduced income, chances are you're having difficulty making ends meet.

Social Security and company monthly pensions barely cover the cost of creature comforts for *one* person let alone a married couple.

So, naturally, you must cut corners. You eliminate many luxuries. You make your own clothes. You do your own repairs around the house as well as trying methods for trimming expenses.

And yet, the crunch goes on. For try as you may, there's one place that resists every effort at cost-shaving: the supermarket. Unless you're willing to go hungry, that is, or risk the hazards of malnutrition.

Arnold and Lillian Kramer, both in their sixties, faced just such a problem. It was shortly after their party, celebrating Arnold's retirement, that Lillian voiced her fears to me.

"You know I'm a good shopper," she said. "And I was never wasteful, either."

No doubt about that. Lillian always followed some good basic rules. She never shopped while hungry. She purchased only what she needed, and never more than necessary. Before going to market, she prepared a complete shopping list and bought only the items listed. If, occasionally, some-

thing on the shelves caught her fancy, Lillian wouldn't succumb to the urge before first asking herself, "Do I really need it or is it just a spur-of-the-moment urge?"

At home she was equally efficient. Leftovers never went to waste in the Kramer kitchen. Raw vegetables were always saved for salads. Any meat or fish that remained would form the basis of a subsequent meal's hash, patties, potpies, or casseroles. Excess cooked vegetables, at dinnertime, often wound up in breakfast omelets or luncheon soufflés.

After Arnold retired, Lillian even adopted the famous French solution to leftovers, called *pot-au-feu.* It consists simply of a large pot of soup, simmering on a back burner, into which she threw any scrap of food. (Aside from its money-saving qualities, this ingenious "recipe" has one marvelous advantage: as quantities are ladled off for eating or freezing, and new ingredients are added, the flavor constantly changes.)

Knowing all these facts about Lillian Kramer, one might well ask, as she did, why her food bills remained the weak link in the family budget. "I've taken to buying only sale-priced items," she told me. "I have no objection to reduced-rate, day-old items or dented containers, if I'm sure the food inside is reasonably fresh. Yet any way I slice it, I can't seem to keep the food bill from breaking our financial backs."

When you shop at the supermarket, food is only 30 percent of what you're buying. The remaining 70 percent pays for the fancy packaging, advertising costs, and a number of middlemen who come between you and the farmer.

These middlemen are distributors, processors, shippers, even the supermarket itself. A certain amount of middlemen are necessary in any industry, but the fewer you have to deal with, the less you have to pay.

"But who ever heard of factory-to-you vegetables or direct-to-consumer meats? You're forced to buy most foods in the retail stores, aren't you?"

"True—if you insist on eating prepackaged foods. But have you ever considered buying in bulk?"

Bulk-buying, to most consumers, sounds like a foreign phrase. Few people remember that until the early part of this century—before mass marketing and packaging techniques took over food industries—the majority of shoppers purchased their staples in large (bulk) quantities. It's still possible to buy foods at bulk prices and, in the process, cut your bills by as much as 60 to 80 percent.

"Marvelous," Lillian mused lamely, "but so what? I'd be very happy to buy in bulk—and so would many people my age, with my money problems. But where can we go? Neighborhood stores don't sell in bulk. I don't see bulk sales advertised in the papers."

"Quantity foods are available to you every day of the week, and closer to home than you think. All it takes is a look in your classified phone directory, under Feed Stores or Grain Dealers."

Many people are under the impression feed stores are for animals only, but that just isn't so. Most items sold in these outlets are not only prepared for human consumption, but they are generally far more nutritious than the grains or legumes you buy in the supermarket.

Grains in the feed store are still in their natural, wholesome states, because none of their nutrients have been chaffed or polished away. They are also safer, because they haven't been spiked with chemical preservatives or artificial coloring.

In a feed store you can buy sacks, weighing up to a hundred pounds, of such grains as wheat, rice, oats, barley, and millet. Peas, lima beans, soybeans, nuts, and many other legumes are available in the same large quantities. There are also numerous varieties of seeds, such as sesame, sunflower, and pumpkin.

And think of all the superfluous costs that feed stores eliminate. The food is sold in plain sacks, so packaging costs are kept to a minimum. Feed stores don't bombard the

public with high-priced advertising campaigns, passing the costs on to the consumer. And even the most spectacular supermarket sale can't compare to the everyday bargain of bulk buying.

"Fine," Lillian replied, "but what am I supposed to do with the excess? Arnold and I live alone and a hundred-pound sack would last forever. Wouldn't I wind up with a lot of spoilage?"

"Don't worry about overbuying if you store food properly," I said. "Under proper conditions, grains, legumes, and nuts can stand for a full year without losing any of their nutritional content."

Not everyone can afford to buy foods by the hundred-pound sack. Nor is it necessary in small families. Feed stores also offer their products in five- and ten-pound quantities—still at substantial savings over the supermarket. But no matter how much you buy, the key to successful storage is the good old-fashioned pantry.

This household unit, so common in our childhood, has virtually vanished from modern homes. After all, who needs such storage space when all one has to do is run out to the local grocery or supermarket every day or so? But if saving money is your goal, and you want to get the most nutrition for your food dollar, then consider adding a pantry to your premises.

All you need is a space that's dry, dark, and cool. With a few boards, you can construct convenient shelves for storing staples. If you have carpentry skills, you may wish to build a few pull-out bins for additional area.

You can probably get all the storage containers you need, free of charge, from (of all places!) your local supermarket. Most large retail stores have their foods delivered in tins ranging from one to five gallons. Once emptied, the tins are usually discarded. A friendly chat with the store manager should divert those empty containers into your possession.

A well-stocked pantry will allow you to prepare a variety of inexpensive, delicious, and nutritious meals. Also, you'll

find yourself making fewer trips to the supermarket and avoiding the temptation to buy for convenience instead of for volume and nutrition.

As starters, I recommend the following staple foods for your pantry:

Whole grain wheat. Basic to most diets, wheat can be freshly ground into nutritious flour for use in all types of baked goods. Wheat grain can be boiled whole or cracked and, with an added fruit, turned into a nutrition-packed cereal. When soaked, it will produce delicious, high-nutrient sprouts for use in salads, entrees, even desserts.

Brown rice. The keyword, remember, is "brown." White rice has had the most nutritious part (the brown outer hull) polished away, leaving only starchy pulp. Rice can be prepared in many diverse and tasty ways and still retain its abundant source of essential vitamins and minerals. Whether boiled for a breakfast food, steamed and served with fish or poultry, or fried as a delightful side dish, brown rice is a gourmet treat for even the most testy palate.

Barley. As versatile as wheat grain, barley has a crunchier, nuttier taste. It makes an excellent flour, and adds rich flavor to soups. Because consumers tend to overlook this excellent grain staple, its price is lower than most.

Millet. Known primarily as a poultry and animal feed in the U.S.A., millet has been a principal food grain in Europe, Africa, and Asia for centuries. It is one of the oldest and most nutritious staples known, containing protein of high biological value. Millet is also rich in calcium, lecithin, and a host of minerals and vitamins — especially A and B_1. Recommended by many doctors for stomach distress, this seed cooks easily and quickly, and can be used for cereals or as flour for making baked goods.

Potatoes. Potatoes are a good buy for your pantry. There is very little waste and they can be stored for long periods.

Potatoes are especially good for elderly people because they are more easily digested than other vegetables. The carbohydrates stimulate digestive secretions and the cellulose fiber aids in normal elimination. The alkalinity in

potatoes aids in direct combustion of waste materials.

Potatoes are often recommended for liver disease and ulcers, and baked potatoes are considered good for the digestive system.

Dieters need not avoid the humble potato. For contrary to popular belief, the potato is not fattening. In fact a medium-size potato contains only about 80 calories. It's the butter, gravies, cheeses, and cream sauces added to potatoes that are fattening.

Potatoes lend themselves to simple and easy preparation. They can be baked, boiled, broiled, and fried (but be careful *how* you fry)!

Potato skins are rich in nutrients and should be eaten when possible. They also make excellent roughage to stimulate the intestines and promote regular elimination.

Potatoes will keep for several months if stored in a cool (40 to 45 degrees) and dry place with adequate ventilation. Be sure to avoid dampness in the storage area.

Here are two simple recipes you might like to try:

Fried Potatoes Country Style

Slice raw, preferably *un*pared, potatoes. Heat a little safflower or peanut oil in a large iron skillet. Add the potatoes. Use about 2 or 3 tablespoons of oil to every 3 cups of sliced potatoes. Season with homemade, herb-flavored sea salt, pepper, and other spices or herbs of your choice. Cover closely and cook over medium heat for 10 to 15 minutes or until potatoes are brown and crisp on one side. Turn potatoes and brown on the other side. Adding a little onion or diced meat will perk them up, but they are delicious just plain.

Baked Potato Rural Style

Scrub 5 or 6 large baking potatoes. Insert a potato nail in the end of each to ensure that potatoes bake thoroughly in the center. Pop them in the oven. While potatoes are baking:

Put 1/2 pound grated cheese (your choice) and a dash of

skim milk in a double boiler. Melt the cheese to a smooth, pourable consistency (add milk as needed). Add diced pieces of leftover meat, chicken giblets, etc., diced green peppers or onions, and a bouillon cube to mixture. Stir in ingredients thoroughly.

Remove baked potatoes from oven and slice lengthwise in half.

Pour the cheese sauce over potatoes. Sprinkle with parsley flakes to add color. Serve piping hot with a raw cabbage salad (or coleslaw).

You can buy cheese, powdered milk, and lugs of fresh fruits and bushels of vegetables in bulk quantities.

It is possible to slash thousands of dollars from your food bill each year by thoughtfully buying in bulk quantities. And you can store your bulk purchases in your freezer, your pantry, or preserve them by canning.

After Arnold Kramer put together a small pantry in his basement, he and Lillian began their bulk-buying. They were surprised to discover, right off the bat, that feed and grain stores are not confined to rural areas; there are a number of them in every large city. More important, once the Kramers became "quantity conscious," they realized there's more than one way to pare food costs.

For example, natural food stores, also called health food stores—these delightful aromatic places are opening up in just about every city, town, and hamlet.

There you'll find barrels, crocks, boxes, bins, and bushels of freshly grown grains, seeds, nuts, and legumes, at reasonable prices. Most of the foodstuffs in these stores are in their natural, nutritious state, because they were grown organically, in rich soil, without chemicals or poisons.

Most communities, nowadays, are also within easy reach of a farmers' market—a place where small-acreage growers bring their produce to sell directly to the public. These farmers offer their foods at far below supermarket prices, because they sell by the peck or bushel.

Fruits, vegetables, and grains sold in farmers' markets are

fresh, usually harvested the same morning. And because the small farmer tends to stay away from insecticides and chemical fertilizers—unlike his large commercial counterparts—his produce is likely to be healthier.

Many farmers, instead of bringing their crops to market, simply set up roadside stands by their acreage, offering excellent bargains. Others advertise their produce, from time to time, in local town or county newspapers—especially during harvest periods. Listed under "Farm Produce" or simply "Foods" in the want-ad sections, they are a bountiful source of commodities ranging from apples to zucchini, at about one-fourth of supermarket prices.

And wherever you go for food, always keep an eye peeled for bargains *beyond* the bargains. Even if a farmer doesn't have a stand, he may still be open to business, so to speak, if he has harvested more than he can sell at the market. Or he may be saddled with bruised apples, lettuce, or celery whose leaves are discolored; tomatoes that are about to overripen; corn that is too small to bother packaging; and a hoard of other foods that are perfectly edible and healthful.

Because they're not "pretty," these products can't be sold to retailers. Rather than throw out his excess, the farmer is open to any takers, at incredibly low prices. Whenever you ride past a large farm at harvest time, drop in and ask what's available. If you enjoy bargaining, be prepared for some friendly "negotiations." More than likely, you'll come away with a load of garden-fresh fruits and vegetables at incredibly low prices.

NATURE'S "FREE-FOODS" SUPERMARKET

Growing around lakes and streams, along highways and country lanes, in field and woods, is a prolific source of natural foods just waiting for you to harvest.

For instance, dandelion greens and wild broccoli grow just about anywhere and everywhere. Even in cultured lawns.

You can run across watercress and cattails growing near

streams and marshes. The cattail tuber (root) has a delicious crunchy taste like fresh celery hearts.

In the woods you can find wild raspberries, blackberries, hickory nuts, walnuts, butternuts, chestnuts, and pinion nuts.

In fields you can find apple trees, pear trees, crab apple trees, wild elderberries and, if you're lucky, a cache of wild honey.

Of course most of us know there are unlimited natural foods to be had for free in the open areas around us. But sometimes we forget about this abundant source of foods, and a little reminder now and then may prod us to take advantage of Mother Nature's gifts.

Bargaining opportunities are often nearer at hand than you think. Even in the heart of a big city there are purveyors willing to talk business. For example:

Are you within reach of a wholesale egg dealer—one who sells only to markets and restaurants? Drop in and ask him what he does with slightly cracked eggs. If there's been no seepage, such eggs are as nutritious as the uncracked ones at the supermarket—and probably a lot fresher. The wholesaler is usually happy to part with them at a low, low price.

The average shopper is under the impression that unless meat is blood red, it is not fresh. This is simply not so. After a day in the display case, meat may lose some of its brightness, but unless it has actually spoiled, its flavor and nutriments remain intact. So your local butcher or supermarket manager are prime prospects for end-of-day or end-of-week discard rates.

Bakers and baked goods wholesalers almost always release their day-old products at a fraction of their initial costs, even though freshness has hardly been affected. Dairies, too, are overly worried about freshness, and discard many wholesome foods which you can obtain for the asking price. Fresh fish markets, unable to store their products for long, are especially eager to unload their excess before it turns.

So-called quality packing firms are another abundant source of low-priced foods. Specializing in gift boxes, steamer baskets, and the like, they maintain ultra-high standards of size and color. Any items not meeting these stringent requirements are often discarded. A little chat with the manager of such a firm should lead to a mutually beneficial agreement. He could realize a nominal return for what was previously a total loss, while you reap edible pounds at ounce prices.

The thing to remember is that "freshness" is an oft-used, oft-abused term. We "civilized people" have been sorely misled by affluent standards, and have developed a jaundiced eye toward the mere appearance of food. Our demands for perfection approach ludicrous lengths:

—color must be sharp, vivid;

—size must be just right, jumbo or petite, depending on the product;

—there must be no spots, cuts, mars, wrinkles, or any of a dozen other defacements.

Because of these standards, which have little or nothing to do with freshness and nutrition, every food establishment bases its prices on the premise that about one-third of the food will pass through the back door as unacceptable waste. If you're plucky enough to strike up bargains with the managers of such businesses, you can negotiate a year-round "contract" for all the food you'll ever need—at only a few pennies a pound.

The sum and substance of it all is: once you start to think thriftily, you yourself will come up with novel ways of dodging supermarket prices. Instinctively, you'll be guided by your own tastes and by what's available around you. Here are some ideas to start your mind percolating:

If you live near a slaughterhouse, see if you can make a deal for discarded meats. Another example of our affluent society is the rejection of organ meats such as heart, kidney, pancreas, lung, and brain. These foods are among the most healthful, yet much of them are thrown away because high-class butchers won't even have them on the premises.

Even at the retail level, they're the least-expensive meats—so you should be able to strike a strong bargain at the source.

In coastal communities, wherever party boats take fishermen for a day's outing, you'll find the docks filled with people waiting for the boats' return. Why? Because if they bring back an abundant catch, there will be lots of fresh fish for sale at rock-bottom prices. You'll probably have to do your own scaling and filleting, but the saving more than offsets this inconvenience.

Some states permit farmers to sell raw, whole unpasteurized milk. This milk is the most nutritious available—and also the least expensive—because the farmer is the only middleman between you and the cow.

I have a friend who's made an interesting deal with an ice cream plant near his home. No, not for ice cream, but for the skim milk that's left over at the end of every workday. A gallon jug there, he claims, costs him less than a quart container at the supermarket.

Another acquaintance takes a trip to a big terminal market during the predawn hours. There, amid truckers, shippers, wholesalers, restaurateurs, and what-have-you, he's made many friends. I sometimes suspect that the socializing is more important to him than the free food he comes away with!

As you can see, whatever your taste, there are places to satisfy your palate at far lower prices than the supermarket. However, if you *must* go the strictly commercial route, at least try to make each shopping dollar count. That means resisting the onslaught of advertising hokum and packaging gimmickry.

Train yourself to analyze foods for their true nutritional value, not for their eye and buy appeal. Do they offer nutrition or empty calories? Do they taste good because of their natural components or are they loaded with sugar, salt, and chemical additives to stimulate the palate? Will they truly satisfy your hunger or will you be yearning for a snack an hour or two later?

FOODS YOU CAN GROW IN SMALL SPACES

Now that you have grains, seeds, and legumes in your pantry, why not grow a soiless garden right on your windowsill? You can "harvest" a brand new crop every three or four days.

Sprouts are a near-perfect, vitamin-potent food that requires no soil, fertilizers, or extra care to grow. They are living food full of natural enzymes and fairly bursting with natural nutrients.

Because they are not seasonal, you can grow a crop of sprouts all year long. They offer you fresh, crisp food that you can eat raw or cooked. One pound of seeds can yield from 5 to 8 pounds of fresh, wholesome sprouts. This makes a real money-saving practice for minimal effort.

Just about any kind of bean, such as soybeans, kidney beans, navy beans, or black-eyed peas will produce sprouts. Too, almost all grains like wheat, barley, or rye will also sprout.

Growing sprouts is an elementary, a totally fascinating procedure. All you really require to start your sprout garden is a glass jar, a cheesecloth, and water. Or you can buy a sprouting gadget for a few dollars. Place seeds (or grains) in jar and add enough warm water (about 80°) to flood them well. Stretch the cheesecloth over the jar opening and secure with a rubber band. Soak seeds overnight (8 hours during summer, 12 hours during winter). Next morning pour off the water into a container and replace the jar of moist seeds in a dark cupboard. Once or twice a day add water to the jar, and pour off immediately into your container so that seeds stay thoroughly moistened. Notice: Do not throw away the water poured from the sprouting seeds; it makes a wonderful and nourishing drink. Or add it to soups for extra flavor and nutrients. Replace the jar in cupboard. Within two or three days you'll have your first bountiful crop of self-grown sprouts.

Once you have your harvest of sprouts, use them in ev-

erything: salads, omelets, soups, meat dishes, waffles, pancakes. Add them to sandwiches in place of lettuce; to rice and vegetable dishes to enhance the taste and bolster nutrient value.

SNACK FOODS

Snack foods can blow your food budget faster than a bolt of greased lightning. And, speaking of grease, most snack items are pulpy starches which are deep-fried in grease, lard, or animal fats—all of which are real cholesterol collectors. They are then smothered with sugar (a real health guillotine). Or salt (bad for the blood, a potential poison to your heart).

Snack foods are grossly overpriced. If you will examine a box of snack food and divide the weight volume by the price, you'll kick yourself square in the backside for having paid up to $2 a pound for a corn product fashioned into a fancy design and deluged with sugar and salt.

Fight your snackatite impulse and junk food purchases and you'll lop about 25 percent off your food bill.

In the long run, no matter where you shop, the right answers will enable you to separate the good buys from the junk-food rip-offs.

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Beans: For Delicious, Money-saving Nutrition

Among the gourmets of the world, certain places are landmarks of culinary perfection. A trip to Vienna, for example, must always include a sampling of that city's famed Sacher Torte (a special kind of chocolate cake). In Marseilles, it is said, the bouillabaisse (fish stew) is unsurpassed. Tourists flock to Strasbourg to partake of *pâté de foie gras* (goose liver paste).

The United States has its share of regional delicacies to attract the connoisseur. Which would you say is the most popular? Lobster Newburgh in Cape Cod? Oysters Rockefeller in New Orleans?

Or would you believe—Senate Bean Soup in Washington, D.C.!

Historians have never agreed as to when or how the tradition originated, but no trip to the nation's capital is complete without a visit to the Senate restaurant, where bean soup is the specialty of the house. We may not always support our elected officials, but we owe them all a vote of confidence for this famous dish that is both tasty and healthful.

Not that bean soup is an American invention. Beans, together with many of their cousins in the family of plants called legumes, are among the most ancient foods known. For thousands of years, legumes have been dietary staples of such diverse civilizations as Mexico, China, and Greece.

Until this day, they form the bases of innumerable soups, sauces, salads, breads, stews, appetizers, and even desserts.

Nary a gold prospector nor miner, whether heading for California, or for the Alaskan Tundra, would consider hitting the trail without a bag of them strapped to his trusty mule. Cowboys toted them in saddlebags for hearty meals by firelight during roundup time. French-Canadian trappers carried them deep into the wild and silent snow-capped forests.

Whether it was a housewife, a hobo, or an Eastern huckster, in the good old frontier days everyone ate them . . . but they didn't know why. They only knew they felt better, had more energy, more "get-up-and-go" when beans were a regular addition to meals.

Why beans? The answer, now, is as appropriate as it was in ancient times. Beans and other legumes are easy to cultivate and to store. They're relatively inexpensive, and they come in such a vast variety of flavors that one never gets tired of their taste. They can be prepared and cooked with a minimum of effort, and leftovers can be refrigerated for days without loss of flavor.

But there's a far more important reason for this food's popularity. Long before science began identifying nutritional components, people recognized that beans were storehouses of energy and nutrition. In recent times, it was learned why: pound for pound, the legumes are one of the greatest sources of vital proteins, vitamins, and minerals.

A single cupful of cooked beans—any variety—can supply up to half of the body's daily need for iron. Compared to the highest-quality meats, an equal amount of lima beans invariably contains more potassium. Black beans are one of the richest sources of tryptophane, lysine, and isoleucine, three of the amino acid "building blocks" which the body needs for survival.

Soybeans, considered by many to be the king of legumes, contain (by dry weight comparison) one and a half times as much protein as cheese, twice as much protein as meat or

fish, three times as much as eggs, and eleven times as much as milk. Rich in vitamin A, vitamin D, and lecithin, the oil of the soybean is a concentration of unsaturated fatty acids, so vital in reducing blood-cholesterol levels.

Think of what this means to your budget. Can any hamburger, for instance, equal the low cost, the convenience, and nourishment of

SOYBURGERS

2 eggs
2 cups ground soybeans
1½ cups wheat germ
3 tbsps soy or safflower oil

Beat eggs. Add soybeans. Mix in 1 cup wheat germ. Blend thoroughly. Shape as hamburgers or patties. Dip in remaining wheat germ and brown in oil.

Soybeans are versatile. They can be ground into a pulp (suitable for tomato surprises), mashed into spreads, or turned into snacks such as

OVEN-ROASTED SOYBEANS

Soak soybeans overnight in salted water. Simmer in covered pan in the same water for 1½ hours. Drain thoroughly. Spread in shallow pan and roast in 350° oven, until brown, about 30 minutes. While beans are still warm, and if desired, sprinkle with melted Sunshine Butter* or margarine. Eat as nuts or grind to use in cooking or as a garnish or topping.

While most legumes are rich sources of nutrients, no single one contains *all* the health-giving elements. That's why it's unwise to get "hooked" on one or two favorite beans or peas—especially if you're using them as meat substitutes.

*Sunshine Butter is made by thoroughly blending equal parts of butter and safflower, soybean, or sunflower oil.

It's also a good idea to eat *mixtures* of legumes, by themselves and in combination with other high-protein foods.

Here is a low-budget recipe that packs the power of a number of nutrition sources . . .

CHEESE LIMAS

3 cups large dried lima beans
water
1 large onion
3 tsps brewer's yeast
1 tsp dry mustard
1 tsp Worcestershire sauce
1 tsp soy sauce
3 whole cloves
1 tsp salt
1 cup shredded Cheddar cheese

Cover beans with water. Stud whole, peeled onion with cloves. Add it and all other ingredients except cheese to beans. Cover. Simmer until beans are tender, about 2 hours. Remove onion. Turn into oiled casserole. Top with cheese. Bake in 350° oven, until cheese is melted, about 10 to 15 minutes. Serves 6–8.

When choosing beans or peas at the market, it pays to avoid canned concoctions. To start with, they are the most expensive. A good deal of their weight is water. Whatever nutrition they contain is offset by high quantities of sugar, salt, and chemical preservatives. You also have no way of determining the quality of the original produce.

Legumes are best purchased in their dried form. Dry, they represent the greatest value per ounce or pound, because of expansion. One-quarter to one-third cup of dried beans will grow to nearly a full cup during cooking. And, of course, since they contain little water, dry legumes have a higher concentration of proteins.

The U.S. Department of Agriculture suggests that if you can't buy dried beans in bulk, you should at least stick to those that come in transparent wrapping. That way, you

can judge them for brightness, uniformity, and any visible defects.

When dry beans, peas, or lentils are on sale, have no qualms about stocking up. They'll retain their freshness and nutriments for many months, if properly stored. That means keeping them in their original package or a tight container, in a cool, dry place. The only thing to remember is that newly purchased legumes should not be mixed with stored ones. Older beans take longer to cook, so a mixture would result in uneven heating.

Most dry beans require presoaking before they're cooked. Lentils, split peas, pinto beans, and black-eye peas are exceptions, but they too can speed up cooking time (and save fuel costs) if they're first immersed in water.

Slow soaking simply means letting the legumes stand in water overnight. To achieve a fast soak, first parboil beans in water, then cover the pot tightly for one to two hours. For either method, the water should be approximately three times the volume of the beans.

From then on, the amount of cooking time depends on the particular legume involved, its age, your taste—and the dish you're preparing. Generally, beans for cold salads require the least amount of cooking; beans for mashing or purees take the longest because they must be soft. Here is a healthful, inexpensive snack that can take one to four hours to make, depending on a single legume.

LEGUME-EGG SPREAD

1 cup any legume
3 hard-boiled eggs, chopped
2 tsps mayonnaise
¼ tsp celery salt
pinch of sage
1 tsp brewer's yeast powder

Blend all ingredients, adding more mayonnaise, if necessary. Yield: about 1½ cups.

Since this type of recipe gives you your choice of the basic ingredient—legumes—much could depend on the time you have to spend on it. Presoaked chick peas must cook for about four hours. Mung beans and small red beans need a good three hours after soaking. Put aside at least two hours for kidney, black, and soybeans, pintos, and black-eye peas. Leave one hour of cooking for split peas and lentils. If you're in a real hurry, lima beans can be ready in half an hour.

Beans have tender skins. Therefore, they should be cooked slowly and stirred gently. Unless, of course, they're being readied for something like

BEAN-PIMIENTO BISQUE

3 cups any beans, puréed
4 pimientos, finely chopped
½ cup skim-milk powder
½ tsp chervil or other herb
¼ cup brewer's yeast
2 cups milk

Blend together all ingredients except half of the chopped pimientos. Add remaining half of pimientos. Heat thoroughly. Top with sprinkle of sweet paprika. Serves 6.

By now it must be clear to you why so many chefs call beans "the friendly food." Legumes are not only "friendly" to family budgets; they also "socialize" with just about any dish you can name. Unlike bread, rice, and other conventional fillers, beans usually enhance the taste and nutrition of the food they supplement.

If you're one of the many older people who try to economize by purchasing the cheapest ground meat because it "goes the furthest," you're doing yourself a disservice. Cheap hamburgers may contain up to 30 percent useless, harmful fat. By "stretching" it with bread, you're compounding the nutritional crime, because that only adds empty calories.

Right, you say, but what can be done about it? Your lim-

ited retirement income forces you to eat this way. You love the taste of meat, and the cheaper, ground kind seems to be the only way you can satisfy that craving.

For the meat lover who must count pennies, I have one suggestion: legumes. A pound of peas or beans may cost more than the same quantity of breading, but the difference is easily overcome by the smaller quantities needed to extend the hamburger. Legumes also add to the taste of the meat—and, of course, they supplement whatever protein value the minced, chopped, or ground meat has to offer.

Perhaps you don't care to spend the time it takes to cook and prepare the additive. In that case, you can experiment with packaged meat extenders made from soybeans. These can save you from 10¢ to 50¢ per pound on your ground meat bill.

A word of caution, however. Steer clear of packages in which both the soy and the meat are premixed, because there's no legal limit on the amount of fat such packaged meat may contain.

Naturally, one needn't use budgeting as an excuse to combine legumes with other products. An old standard like lentil soup can be turned into a new taste sensation by converting it into

LENTIL-LIVER SOUP

3 cups cubed beef, lamb, or calves' liver
1 onion, chopped
1 green pepper, minced
4 tsps safflower oil
¾ cup lentils
¼ tsp ground caraway seed
pepper to taste
1 tsp sea salt
2 cups chopped tomatoes
6–8 cups soup stock or water
3 tbsps brewer's yeast
minced parsley or chives

Sauté liver very lightly in oil. Remove from fire. Add onion and green pepper to oil. Cook until onion is transparent but not brown. Simmer lentils in stock or water until near-

ly done, with caraway seed, pepper, and salt. Add cubed liver, onion, green pepper, tomatoes, brewer's yeast, and remaining stock or water to lentils. Continue cooking, stirring occasionally, 15–20 minutes. Serves 6.

Legumes offer another enormous dividend: sprouts. Experiments have shown conclusively that most legumes, after sprouting, increase their vitamin content. All sprouts seem to contain, in varying degrees, certain cell-renewing and youth-inducing elements called auxins.

You can grow your own bean sprouts, of course. But they are also available, either fresh or in cans, and have many uses. Their nutlike flavor makes them excellent snacks, garnishes, and fillers. They can be chopped into soups or smothered on meats. Sprouts can even be blended into sandwich spreads or liquefied and added to vegetable and fruit juices.

Long before the West "discovered" sprouts, the Orient was savoring

HONGKONG BEAN SPROUTS

4 tsps oil
3 cups bean sprouts
2 tsps sliced ginger root
½ tsp sea salt
3 sliced scallions
2 tsps soy sauce

Heat oil and sauté sprouts 1 minute, stirring constantly. Add ginger and salt. Cover and cook 3 minutes. Stir in scallions and soy sauce. Cook 2 minutes longer. Serves 4–6.

For a fast pickup on a chilly day, try this inexpensive energy booster.

BEAN SPROUT SOUP

6 cups soup stock or consommé
3 eggs, beaten
2 cups chopped bean sprouts
3 tbsps minced parsley

Heat stock. Add bean sprouts. Simmer about 3 minutes. Remove from heat. Stir in beaten eggs. Sprinkle with parsley. Serves 6.

What started this survey of legumes, you may recall, was that delightful delicacy called Senate Bean Soup. While its precise recipe is a carefully guarded secret, many food specialists, after visiting Washington, D.C., have tried to duplicate it or add special touches of their own. I'm no exception. Below is my version of

SENATE BEAN SOUP
(Kordel version)

2 cups Navy beans
2 quarts stock or water
1 cup diced celery stalks or tops
1 cup diced carrots (optional)
1 or 2 onions, chopped
3 tbsps minced parsley
salt and pepper to taste
1 bay leaf
1 small whole cayenne pepper
1 tsp ground caraway seed (optional)
3 tbsps brewer's yeast
¼ cup safflower oil or half oil, half butter
minced chives

Wash beans. Soak them overnight in a soup pot of stock or water. Combine all ingredients except chives. Cover and simmer slowly until beans are tender. Add more stock or water, if needed. Garnish with minced chives. Serves 6–8.

There are many candidates to choose from on the legumes ballot. All of them offer economy, nutrition, and a healthy life to the voter who knows his beans.

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Good Health from the Good Earth

Why would anyone want to grow his own food?

One important reason for doing so is the large sum of money you can lop off your food budget. Such valuable savings can be a real welcome budget booster, especially for those living on a fixed retirement income.

But if thrift is of no interest to you, perhaps better health through improved nutrition will lure your now-dormant green thumb into pleasurable gardening activity.

Probably the best reason to grow your own garden . . . is to retain your good health.

This way you can avoid—as much as possible—the "chemical cocktails" found in too many commercially grown and highly refined foods.

Many of the pesticides used in growing crops not only alter the taste of foods, they also rob them of many vitamins and minerals so essential to maintain good health.

For instance, researchers have found that almost everyone they have tested—particularly ill and older people—are deficient in magnesium. It was discovered that this vital mineral is prohibited from being absorbed by plants when farmers lime the soil . . . a common practice. What little magnesium is absorbed by the plant is often refined away in the processing of the plant food.

Copper, manganese, zinc, cobalt, and other essential trace minerals cannot be freely absorbed by plants when the soils are saturated with commercial fertilizers.

Many chemicals found in processed foods have been shown to lower the vitamin C content in the blood, which may account for the rather wide prevalence of diseases caused by a deficiency of vitamin C.

Many prominent researchers and physicians are now correlating the high incidence of cancer with the overconsumption of chemicals and poison residues found in commercially grown and factory packed foods.

In particular is the high incidence of the more serious type cancers affecting the intestine, colon, and rectum.

Scientists view the overconsumption of additives, chemicals, and poisons found in foods as a two-edged sword slashing away at normal stamina and health.

First, many of the poisons and dangerous chemicals used in fertilizing the soil are absorbed by the growing plants. To this add the dyes, additives, and chemicals used in processing of the foods . . . and you have created a potential Mickey Finn."

Secondly, the overprocessing of foods usually removes the natural fibers and roughage found in foods, which leads to irregularity, hard constipation, and more serious problems of the bowel.

Therefore, when lodged for long periods in the intestine the dangerous chemicals and poisons eat away at the delicate membranous lining of the intestine and colon.

This situation has become so critical that most nutritionally oriented doctors urgently recommend their patients to add more roughage and food fiber to their meals so bowels can be stimulated to evacuate these monstrous poisons.

Fresh, garden-grown vegetables contain up to 60 percent more nutrients than do most commercially grown vegetables.

Why?

For one thing, commercially grown produce is usually picked weeks before it ends up on your dining table. It may be around a week or more at the packing plant while valuable, life-sustaining, and health-promoting nutrients slip away.

So, by the time you consume the fruit or vegetable, you may be getting as little as 40 percent nutrient return for your money which, healthwise, makes a very bad investment. If this continues for any period of time, malnutrition can certainly be the result.

"Gardening is preventive medicine—the kind you can prescribe for yourself," says Howard D. Brooks of the Institute of Rehabilitation Medicine of New York. "Working in the garden unwinds you, reduces tensions, relaxes you even though it's rigorous activity. It loosens your muscles, soothes you emotionally and psychologically.

"Besides all that, there is something about the act of working in harmony with the earth that refreshes you deeply. Gardening is a link between you and the vast forces of nature."

Even so, you may point out, quite logically, that supermarket shelves and freezers are overflowing with vegetables. Canned brands can stand around forever and, if you have a freezer, you can buy many products during peak seasons, when their prices are lowest, and store them for months at a time. There's no husking, shelling, or cleaning involved—all that has been done for you.

So why bother with your own garden?

For one of the answers, let's go back and scrutinize those store-bought vegetables. Most of them were picked long before they were fully ripened, because vegetables usually must travel thousands of miles from the farm to the marketplace. If they were picked when fully ripened, they would spoil before reaching their destinations.

But when a fruit or vegetable is plucked in an underripe state, it is also underflavored and undernourished. In other words, the produce you buy in the supermarket does not taste as good as the ones from home gardens, nor does it carry the same amount of nutrition.

Most commercially grown produce carries an added health hazard. Throughout their cultivation period, vegetables are sprayed with poisons to ward off insects, and chem-

ical "medicines" to protect them from plant diseases. Synthetic fertilizers are pumped into the soil to speed up growth. The end result: contamination.

Then, there's the cost. Have you ever tried to figure the number of middlemen between the farmer and you? Shippers must transport their produce to processors who, in turn, must move it to the packers. Packers then turn the food over to distributors, who must pay transporters to carry the products across the land and into the hands of the marketers.

Imagine how much that must cost—and compare your figures with the price of sowing, cultivating, and harvesting the same foods in your own backyard. There has to be a savings.

Finally, and perhaps most important of all, home gardening offers a "secret" dividend: exercise. Each time you bend to pick a weed or pluck a bud, you're stretching vital back muscles. Your shoulders will tingle with new energy as you rake the soil; your legs will regain some of their youthful vigor as they step on a hoe or spade to plunge them deep into the earth. You'll breathe more deeply, bringing more oxygen to your blood, which will carry it more rapidly to all the organs of your body.

And all these advantages come without strain, because gardening is a leisurely, unhurried pursuit. It is performed under the best of conditions—in fresh air and sunlight. There is nothing ritualistic about gardening—no set time of day when it *must* be done, no required amount of hours.

Gardening is social and creative. As those first seeds start to sprout, you'll discover the initial thrill of bringing new life into being. Then, as you watch it grow, others will join in the fascination—relatives, friends, neighbors—some even offering to help you make things grow.

Many myths and erroneous ideas plague the would-be gardening hobbyist. Among city dwellers, in particular, there's the notion that one needs lots of acreage to grow his own vegetables; that the soil must be "just right"; that the

weather must be summery or springlike at least ten months out of the year. Nonsense!

"You don't even need a green thumb to grow a home garden," my friend Douglas Cecil likes to say whenever I stop to admire his vegetables. They grow on a plot tucked between his back steps and the garage.

Although their garden is postage-stamp size, the Cecils have made it superproductive. Not only do they have vine-ripened produce for instant use, but there's plenty left over to can and freeze for an entire winter. Since harvesting his first crop, some years ago, Doug calculates that he's been saving at least ten dollars a week on his food bills.

The Cecils are not unique. There are more home gardens today than at the height of World War II (remember the Victory Gardens?). Small wonder. According to government figures, a 25 × 30 plot of land, sowed with $10 worth of seed, can produce nearly $300 worth of vegetables. With a minimal amount of home canning and freezing, the same plot can feed a family of four for almost a year.

But you don't need a plot nearly so large to reap the benefits of home gardening. In fact, you don't need a plot at all. Any strip of healthy soil will support vegetation. If you have patches of decorative floral arrangements, you can plant vegetables among the flowers. Window boxes and even sill pots can be used to grow certain vegetables.

The key to successful gardening is not to bite off more than you can chew. Start modestly and build your garden gradually. At first, your plantings should be those vegetables that are easiest to grow; later, you can graduate to foods that require more experience. Naturally, your choices should be the vegetables you enjoy the most, and the amounts would be guided by the number of mouths you're feeding.

Gardening doesn't begin with the planting of the first seeds. Properly, it should start months before the planting season. In the late autumn it is wise to get your compost heap underway. Compost is probably the most effective,

yet least expensive, fertilizer in the world. It can be made from anything that grows: fallen leaves, grass cuttings, fruit cores and rinds, eggshells, twigs or sawdust, even shredded newspaper.

Throughout the fall and winter, you'll be adding to the compost pile and watching the material decompose into rich, loamy soil nutrients. Shortly before the planting season, the compost is added to the soil of your garden, both to strengthen it and to nourish the vegetables that will soon be growing there.

If your property is limited by space, compost can be prepared in large trash cans, plastic bags, or wooden kegs. But holes must be dug in these containers to permit free flow of air.

Winter is the time when you should be planning your garden. It's the season when you study seed catalogs, design your rows of plantings, determine quantities. Most catalogs indicate which variety grows best in individual parts of the country, the approximate time it takes seeds to reach maturity, which are the most disease-resistant, and so forth.

Catalog planning also leads you to another phase of efficient gardening: succession planting. A number of vegetables mature rapidly, long before summer is over. This allows you to do a new planting—either of the same produce or of another that will bloom by the end of the season. Succession planting also strengthens the soil and prevents weeds.

In deciding how you'll lay out your garden, remember it should get at least six hours of sunlight a day. And since the sun moves in an east-west direction, the plants will benefit most in rows running north-south.

For beginners, the easiest crops to grow are tomatoes, beets, beans, melons, corn, squash, cucumbers, lettuce, peas, and radishes. However, corn, squash, tomatoes, melons, and cucumbers are impractical for tiny plots, because they grow large and take up lots of space. In some instances, this problem can be overcome by planting dwarf varieties of

the same plants, or by growing them on poles, fences, or trellises.

During the spring, the soil starts to warm and loosen. That's the time to start tilling. It's also the time to equip yourself with the four basic tools you'll need: spade, hoe, trowel, and rake.

The spade will enable you to turn over the soil (to a depth of about one foot) and to work in the compost and other organic fertilizers recommended for your region. Then, with the rake, you'll need to smooth the ground, clear out bits of rock, break up clods. The hoe will be used to "V-cut" planting rows and control weeds.

Tilling time is also when you must determine the acidity of the soil, called the pH. When soil is too acid or alkaline, its chemical balance is upset, preventing healthy plant growth. The simplest "test" for pH is to ask any nearby gardener what he knows about the soil conditions in your area. If no neighbor can advise you, there are inexpensive testing kits available, or you can send a sample to the local office of the Department of Agriculture. This government agency, in addition to analyzing the pH, will tell you how to correct any acid imbalance.

When the soil is ready, and you're certain that there will be no more frosts, it's time to start seeding. Now is when your winter planning will serve you in good stead. Each vegetable requires special treatment: some can be planted close together; others need spreading room. The seed catalogs or packages indicate the proper spaces between plantings, and they should be followed precisely.

Seed packages usually tell you how deep to plant the seeds but as a general rule, smaller seeds are planted close to the surface and larger ones can go as deep as one to two inches.

Remember, too, that if you're planting a lot of one particular vegetable, all the seeds should not go in at the same time. Space them a few days or weeks apart, lest you get inundated, weeks later, by too much tomato, lettuce, or

whatever. Nothing is quite so painful as having to throw away perfectly edible food.

And nothing is quite so thrilling as awaiting the first sprouts. But that's no time to relax, because there's weeding to be done. Weeds multiply rapidly and drink up much-needed moisture in the soil. Unless you stay ahead of them constantly, they'll overrun your garden. The best way to get rid of weeds is to pluck them by hand, making sure you've pulled out their roots as well. An excellent back and waistline exercise!

Another method of weed control is called mulching. Mulch is simply a soil covering that retards weeds and preserves moisture. It also keeps the soil at uniform temperature.

While there are many commercial mulches, you can do perfectly well with straw, leaves, clipped grass, plastic strips, cloth—anything to cover the soil between rows. Leftover compost makes for excellent mulching. Even a layer of newspaper will do a good job. If you're a big coffee-drinking family, or you consume lots of peanuts, the used grounds and shells are fine mulches.

Sooner or later you'll have to face the problem of insects. For as your plants start to flower and bud, certain species of pests are attracted to them. Some are easy to spot and to remove by hand, like tomato worms or Japanese beetles. Others make their presence known by the clusters of eggs they lay. Most are barely visible, announcing themselves only by the damage they do.

Proper composting, fertilizing, and mulching keeps down the insect population. Certain plants—like garlic, dill, onions, geranium, and marigolds—spaced around your garden, have a tendency to repel pests. "Friendly" insects like the praying mantis or ladybug eat damaging bugs, and should be allowed to remain in your garden.

A word of warning: do not use chemical pesticides. Even in small quantities they can be hazardous to human health. Once they impregnate the vegetables, they're almost im-

possible to wash out or cook out. If your bug problem really gets out of hand, there are a number of effective botanical pesticides; but even these should be used only as the instructions indicate.

Of course, you must make sure that your garden is getting sufficient moisture. When the seeds are first planted, water should be applied in a fine spray. Once the roots take hold, heavier dousing is safe. If more than a few days go by without rain it's time to wet down the soil, making sure you've given it enough water to penetrate down to the roots.

Slowly, now, the suspense will grow, as the various crops mature. Before your very eyes, the vegetables will take shape, gain color, grow to full size. Again, it's the seed catalog that should guide you to the proper time for picking. After a season or two of personal experience, you yourself will know, almost instinctively, when that moment has come.

You may be astounded, at first, as your taste buds rediscover the nectarlike quality of a vine-ripened tomato. If you have never eaten corn right off the stalk, you might think that your garden-grown variety was dipped in sugar. Lettuce, too, may startle you with its crispy sweetness, as the leaves crunch between your teeth.

What you'll also be gaining is greater nutrition. Food straight from the garden has a higher content of vitamins and minerals. It is not spiked with chemicals to preserve it or with excessive salt or sugar to make it more palatable. It is as pure and unadulterated as the soil that nurtured it.

With experience and practice will also come more sophisticated gardening techniques. You'll discover, for example, that some vegetables grow better if they're started indoors and then transplanted to the soil. You'll learn the principle of crop rotation—alternating different plants to keep the soil healthy. You'll develop the technique of turning leftover roots, stems, and stalks into powerful fertilizer.

"Great!" I can hear many of you saying. "But what about

me? I live in a city apartment. Where am *I* supposed to do my gardening?"

You can grow things right on your roof, fire escape, or windowsill, provided there's enough sunlight. Naturally, the vegetables you plant must be of the dwarf variety, featured in every major seed catalog. Depending on the size of your plant box, certain foods, like lettuce and radishes, can be grown just as successfully in an apartment. Any good wooden container can be converted into a planter. Plastic flower boxes are just as effective as vegetable boxes. Even a heavy cardboard carton will do. Just be sure your containers have drainage holes. After covering the holes with some newspaper, put in the soil. Most gardening shops sell soil for apartment gardening.

If your apartment simply can't get sufficient sunlight, or if you don't want to be an "indoor gardener," you might want to consider one other way for apartment dwellers to do gardening.

A number of cities and suburban communities have instituted community gardening projects. Many vacant lots have been turned into a mass of private gardening plots. So have abandoned farms and public park areas. A single acre can accommodate at least fifty families who wish to garden.

Rental of a plot is inexpensive, so is the cost of seeds. In the very first year, your initial investment will pay back food dividends fifteen to twenty times in value.

Your local parks department can probably steer you to the nearest community gardening project. Or, if none exists, why not get one started yourself?

According to the Gallup Poll, nearly four out of every ten households does some form of home gardening. All signs point to an increase in this number. Perhaps it's because of the rising cost of living. Maybe people can't travel as much as they used to, so they've turned to gardening as a pastime. Or is it possible that word of mouth has made more and

more citizens aware of the superior healthfulness and taste of homegrown vegetables?

Whatever the answer, it provides the mature citizen with a creative, productive hobby that has got to pay off in a longer, fuller life.

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My 10-Day Diet to Pep You Up

If you are seeking that alive-all-over glow your body radiates when you are in excellent health, try my 10-Day Pep You Up Diet. Each day of this diet will bring you an increased feeling of well-being. It is designed to give you the protein, vitamins, and minerals your body needs to banish deficiency signs, vague and difficult-to-diagnose aches, pains, and fatigue, and to halt the starvation of hungry cells.

GENERAL INSTRUCTIONS

To be observed EACH DAY of the diet, except on the day you follow the Cleansing Liquid Diet:

Immediately Upon Arising

Drink a wake-up-and-shine "cocktail" consisting of 2 teaspoons cider vinegar, 1 teaspoon pure honey, 6 to 8 ounces water.

Midmorning Snack

This is purely optional; however, if you feel the need for a snack, limit yourself to buttermilk, yogurt, fresh fruit, juices, a piece of cheese, raw vegetables like carrots, celery, etc., sunflower seeds, almonds, and the like. Under no circumstances are you to snack on pastries, cookies, candies, ice cream, or anything of similar nature.

Midafternoon Snack

For very important reasons of protein-enrichment, drink a beverage made by dissolving 2 heaping tablespoonfuls or more of skim milk powder in a glass of water; add 2 teaspoonfuls honey. Try not to overlook this, even if it means keeping a supply of the ingredients at your place of work. This will pay off—and the health dividends will be big. *Nothing else* at this time, *please.* (If you wish a "chocolate flavor"—add a teaspoonful of carob powder. *Delicious!*)

Happy Dreams Snack

If you feel the need of a before-bedtime snack, confine this as much as possible to protein foods and fruits. For example, you may have buttermilk, yogurt, leftover meat, fresh fruit, a slice of cheese, or a dish of cottage cheese, etc. A very splendid and sleep-inducing "nightcap" can be made by *warming* 3/4 glass of buttermilk, add 1/4 glass of fruit juice, a little honey, and skim milk powder—and thoroughly whipping. It is most delicious—and nutritionally valuable.

Importance of Supplements

The use of a vitamin-mineral food supplement is highly recommended at all times, but especially while on the Pep You Up Diet. Take it either before or immediately following each meal; an additional quantity may be used before retiring if needed. A food supplement I personally use is called Nutri-Time. You might look into it for your own use.

Lecithin in granular form is also recommended. A total of 2 teaspoonfuls is suggested, but you may use more if you wish. While lecithin may be eaten as it comes out of the jar, most users prefer to mix it with a little juice or other liquid. My favorite way is to add it to tomato juice; I have found it to be the most compatible combination.

REGARDING SUBSTITUTIONS

Substitution of one complete day's menus for another is entirely permissible, especially if it means making use of foods on hand or left over from the previous day. Generally speaking, you can substitute foods of the same type quite freely. For example, if chicken is called for on one day and you are invited to a roast beef dinner, by all means eat the roast beef! Vegetables may be substituted for vegetables, etc. Stick to the menus if possible, otherwise use them as guides. But in doing this, don't go hog-wild because of the liberty allowed you. Be moderate.

1st Day

Breakfast

Large bowl of fresh fruit topped with:
1/2 cup or more cottage cheese
1/4 cup or more skim milk cream (which is made by dissolving 1/2 cup or more of skim milk powder in 1 cup of water. You will find skim milk cream mentioned several times during this diet.)
Drizzle with honey, if desired
Beverage, only if desired—and this applies to each meal
Vitamin-mineral food supplement
1 tsp lecithin granules

Lunch

Chicken broth (1 cup)
Scrambled eggs with bean sprouts
Fresh dates or other fruit
Beverage
Vitamin-mineral food supplement

Dinner

Savory Pot Roast (see recipe in Chapter 26)*
Tossed green salad with blue cheese or Roquefort dressing
Whole baby carrots
(Tuck the cleaned baby carrots into the roasting pan 8 to 10 minutes before removing the pot roast.)
Fruit compote (made with either fresh or dried fruits)
Beverage
Vitamin-mineral food supplement
1 tsp lecithin granules

2nd Day

Breakfast

Fresh or stewed fruit
Fluffy omelet filled with natural cheese
(Add skim milk powder to the beaten eggs for extra protein. At least 1 teaspoonful for each egg.)
Beverage
Vitamin-mineral food supplement
1 tsp lecithin granules

Lunch

Kale-Stuffed Fish Fillets (see recipe in Chapter 26)
Hearts of lettuce with cottage cheese and buttermilk dressing.
Lemon Milk Sherbet (see recipe in Chapter 26)
Beverage
Vitamin-mineral food supplement

*A word to vegetarians: You may make suitable substitutions for meat dishes with high protein foods. If you eat eggs and cheese, there is little problem. Health food stores carry large selections of canned meat substitutes.

Dinner
Watercress salad with avocado wedges (lemon-tomato dressing)
Broiled liver with onion rings
Baked potato, if desired
Fresh fruit
Beverage
Vitamin-mineral food supplement
1 tsp lecithin granules

3rd Day

Breakfast
Soft-cooked eggs, served with cottage cheese
Fruit, if desired
Sunshine Muffins (see recipe in Chapter 26)
Beverage
Vitamin-mineral food supplement
1 tsp lecithin granules

Lunch
Green salad bowl with chopped ripe olives
Baked apple with skim milk cream (made especially rich)
Handful sunflower seed kernels
Beverage
Vitamin-mineral food supplement

Dinner
Red cabbage slaw with honey-lemon dressing
Broiled fish
Green string beans, lightly cooked
Orange Chiffon Cream (see recipe in Chapter 26)
Beverage
Vitamin-mineral food supplement
1 tsp lecithin granules

4th Day

Breakfast
Applesauce, unsweetened
Broiled liver (calf's, lamb, or beef)
Beverage
Vitamin-mineral food supplement
1 tsp lecithin granules

Lunch
Chicken or beef broth, if desired
Polish Soufflé (see recipe in Chapter 26)
Green vegetable
Fruit compote with honey
Beverage
Vitamin-mineral food supplement

Dinner
Broiled chicken, all you wish
Sliced tomatoes
Sunshine Muffins (see recipe in Chapter 26)
Pineapple Cheese Pie (see recipe in Chapter 26)
Beverage
Vitamin-mineral food supplement
1 tsp lecithin granules

5th Day

Breakfast
Fruit, fresh or stewed
Millet Meal Porridge served with skim milk cream (see recipe in Chapter 26)
Beverage
Vitamin-mineral food supplement
1 tsp lecithin granules

Lunch

Scrambled eggs (with pieces of meat, if desired)
Small salad
Slice of cheese
Beverage
Vitamin-mineral food supplement

Dinner

Tomato soup
Broiled hamburger (fortified with dried skim milk powder)
Leafy green salad with dressing made of buttermilk or yogurt
Cooked vegetable
Stewed fruit compote
Beverage
Vitamin-mineral food supplement
1 tsp lecithin granules

6th Day—The Cleansing Liquid Diet

This is "clean-up day" for the body. For best results follow this Cleansing Liquid Diet as closely as you possibly can. (No sneaking-in of sweets on this day!)

Night before. 2 herbal laxative tablets
Upon arising. Glass of water with juice of one lemon
8 A.M. Large glass of citrus juice
9 A.M. Cup of herb tea*
10 A.M. Large glass of pineapple juice
11 A.M. As much water as you can comfortably drink
12 Noon Large glass of grape or apple juice
1 P.M. Cup of herb tea

*Herbs, used as tea, are very important in this diet. Health food stores carry a number of varieties: fenugreek, peppermint, alfalfa, papaya, clover, sage, and many others. You'll enjoy them all.

2 P.M. Large glass of citrus juice
3 P.M. As much water as you can comfortably drink
4 P.M. Large glass of pineapple juice
5 P.M. Cup of herb tea
6 P.M. Large glass of grape or apple juice
7 P.M. As much water as you can comfortably drink
8 P.M. Large glass of citrus juice
9 P.M. Cup of herb tea
10 P.M. 2 herbal laxative tablets

7th Day

Breakfast
Fruit, if desired
Cottage Cheese Griddle Cakes (see recipe in Chapter 26)
(Served with mixture of honey and fresh or frozen fruit)
Beverage
Vitamin-mineral food supplement
1 tsp lecithin granules

Lunch
Lamb or beef stew
Tomato juice
Fruit salad with dressing made of honey and skim milk cream
Beverage
Vitamin-mineral food supplement

Dinner
Leafy green salad, yogurt or buttermilk dressing
Steak—all you wish
Baked potato (mashed ripe avocado instead of butter)
Fresh fruit
Beverage
Vitamin-mineral food supplement
1 tsp lecithin granules

8th Day

Breakfast

Fresh fruit
Eggs Foo Yung (see recipe in Chapter 26)
Beverage
Vitamin-mineral food supplement
1 tsp lecithin granules

Lunch

Cream of fish soup (see recipe in Chapter 26)
Cole slaw with Buttermilk-Honey Dressing (see recipe in Chapter 26)
Dessert of your choice—regardless!
Beverage
Vitamin-mineral food supplement

Dinner

Mixed green salad with cottage cheese dressing
Liver, sautéed slowly with sour cream or yogurt
(Beef, lamb, or calf's liver will do equally well. After both sides of liver have been cooked, turn heat to very low; add sour cream or yogurt. Finish cooking. The combination of liver and cultured milk flavor is delicious, long remembered.)
Whole white onions, steamed
Fresh fruit
Beverage
Vitamin-mineral food supplement
1 tsp lecithin granules

9th Day

Breakfast

Fresh fruit, if desired
Grilled liver patties—or Eggs Hawaiian (see recipe in Chapter 26)
(Use leftover cooked livers. Grind or chop quite fine.

Add 2 tablespoonfuls millet meal to each cup and enough skim milk cream to hold shape. Brown in pan or under broiler.)
Hot pineapple slices
Beverage
Vitamin-mineral food supplement
1 tsp lecithin granules

Lunch
Green salad bowl with chopped ripe olives
Baked apple with skim milk cream (made especially rich)
Handful sunflower seed kernels
Beverage
Vitamin-mineral food supplement

Dinner
Crisp celery hearts and carrot spikes
Sunshine Burger (see recipe in Chapter 26)
Cooked vegetable
Fresh fruit, if desired
Beverage
Vitamin-mineral food supplement
1 tsp lecithin granules

10th Day

Breakfast
Baked apple with raisins, served with skim milk cream
Soft-cooked eggs (to which sharp grated cheese has been added just before serving)
Beverage
Vitamin-mineral food supplement
1 tsp lecithin granules

Lunch
Fresh vegetable soup
(Grate carrots, celery, parsnips, onions, and drip into

your favorite soup stock just before serving.)
Fresh fruits served on large mound of cottage cheese with sunflower seeds. Top with skim milk cream, sour cream, or yogurt.
Beverage
Vitamin-mineral food supplement

Dinner
Tomato juice cocktail
Leafy green salad with buttermilk dressing
6 oz steak or 2 chops (lamb or veal)
Fresh fruit
Beverage
Vitamin-mineral food supplement
1 tsp lecithin granules

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Selected Recipes for Use With My 10-Day Pep You Up Diet

SAVORY POT ROAST

3 to 4 lbs pot roast (chuck, rump, shoulder, or heel of round)
3 tbsp cooking oil*
1 clove garlic
2 tbsp grated lemon rind
2 cups yogurt or buttermilk
sea salt to taste
3 to 4 carrots

Rub roast well with salt and cut halves of garlic clove. Then place garlic in yogurt or buttermilk to flavor it. To seal in juices and flavor, rub entire roast with about 1/3 of the cooking oil. Heat remainder of oil in a Dutch oven or heavy, deep, iron skillet which can be tightly covered. Brown roast lightly in oil, add grated lemon rind, allowing to simmer a few minutes before pouring yogurt or buttermilk over roast and spooning up pan gravy with lemon rind over meat to let flavor penetrate into roast. Cover and cook over a very slow fire for about 2½ to 3 hours, basting meat often to avoid drying and sticking to pan. About 30 minutes before meat is done (and remember that the yogurt or buttermilk will help tenderize it), add 3 or 4 cleaned whole carrots to brown in sauce around meat. This produces the

*Where cooking oil is indicated, it is recommended you use the unsaturated oils—safflower, soya, sunflower, sesame, and similar oils. Do *not* use hard fats or commercially prepared hydrogenated shortenings.

most tasty pot roast you've ever eaten. The garlic clove may be left in sauce for the first 30 minutes, then removed. This roast is excellent for slicing cold, and it's one leftover you won't mind.

STUFFED FISH FILLETS

1 lb kale, chard, or spinach (or a combination of all three)
1 small onion, minced
1 tbsp butter
sea salt
1 egg, well beaten
dry whole-wheat bread crumbs or millet meal
1½ lbs fish fillets, cut ½ inch thick

Wash kale, chard, or spinach thoroughly, but do not dry leaves after last washing. Cook kale and onion together without additional water. When tender, drain off liquid and chop. Add butter and salt to taste. Cook while adding egg and enough bread crumbs or millet meal to hold mixture together. Spread mixture in center of each fillet. Roll fillets and fasten with skewers. Place in a well-oiled baking dish with cut side of fillets up. Bake in a hot oven (400°) for 20 minutes, or until tender and browned.

LEMON MILK SHERBET

3 eggs
3 cups milk
½ cup raw sugar
6 tbsp honey
¾ cup lemon juice
3 tbsp grated lemon rind
3 cups milk

Beat eggs until slightly thickened, add sugar and continue beating. Stir in honey, lemon juice, and grated rind, blending milk in gradually at the last. Pour into refrigerator tray and freeze at highest speed. When mushy, remove from refrigerator, stir vigorously or chip sherbet to break up ice crystals, then continue freezing. Makes a little more than 1 quart.

SUNSHINE BURGER

1 cup sunflower seed meal
3 finely grated carrots
½ cup chopped celery
2 tbsp finely chopped onion or leeks (optional)
1 tsp chopped parsley
1 tbsp safflower oil or melted butter
sea salt to taste
¼ cup milk (garlic flavored)
pinch of sweet basil or other herb

Combine all ingredients with enough milk so they may be molded into patties about ½ inch thick. Place in a shallow oiled baking pan and bake until brown on both sides. These patties are good either hot or cold. While hot they may be served with a butter sauce. For variety add 2 tablespoons chopped ripe or stuffed olives and 1 tablespoon grated Italian cheese.

MILLET MEAL PORRIDGE

1 cup millet meal
3½ to 4 cups water (or half milk and half water)
¼ tsp honey or raw sugar
Sea salt to taste

Use less water for a thick mush, and more for porridge. Mix millet meal and salt with 1 cup of cold liquid in top of a double boiler until meal is smoothly blended into a paste, then add remainder of liquid (boiling if water is used, or scalding if milk). Place over boiling water, cover, and allow to cook slowly for 20 to 30 minutes, stirring frequently to prevent lumping or sticking. A few minutes before taking from fire, stir in honey or raw sugar. This will not sweeten enough to suit some palates, but it does bring out the flavor of millet, and makes a more tasty cooked cereal. Serve with warmed milk or with a mixture of honey and melted butter together as for pancakes or waffles.

SUNSHINE MUFFINS

½ cup sunflower seed meal
1¼ cups whole wheat flour
3 tsp baking powder
¾ tsp sea salt
1 large egg
¾ cup milk or skim milk cream
3 tbsp melted butter or cooking oil
3 tbsp raw sugar or honey
3 tbsp raisins (optional)

Sift dry ingredients together. Beat egg well and stir in milk (honey also, if used instead of sugar) and melted shortening. Combine with sifted dry ingredients, stirring only enough to hold them together. Muffin batter should not even be smooth. Overbeating causes "tunnels" and an uneven grain will toughen muffins. Bake in a 9-muffin tin, well greased and floured, for 12 to 15 minutes in a hot oven (400°). Remove pan from oven as soon as done and serve at once with butter. Be sure to fill pans only about one-third full. For variety, add 3 tablespoons of raisins.

ORANGE CHIFFON CREAM

3 egg yolks
2½ tbsp honey or raw sugar
1 cup thin cream
1 cup whipping cream
1 tbsp gelatin, unflavored
¼ cup cold water
juice of 4 oranges
grated rind of 1 orange
grated rind of ½ lemon

Beat egg yolks slightly in top of double boiler. Stir in sugar (or honey), thin cream, and grated citrus rind. Place over boiling water and beat with a rotary egg beater until mixture thickens, taking care not to let it boil. Remove from fire, add gelatin, which has been dissolved in ¼ cup of cold water 5 minutes previously. Stir well. Pour into deep bowl and continue beating until partially cool. Beat in orange

juice. Fold in whipped cream. Pour into a mold well rinsed in cold water. Place in refrigerator to set. This makes about 6 servings.

PINEAPPLE CHEESE PIE

- 1 cup cottage cheese
- ½ cup drained crushed pineapple
- 2 eggs, separated
- 2 tbsp lemon juice
- 1 cup thin cream or rich top milk
- 7 tbsp raw sugar
- ⅓ cup shredded coconut (optional)

Combine cream, lemon juice, and well-beaten egg yolks. Beat into cottage cheese. Add pineapple and 3 tablespoons of sugar, mixing well. Pour into a 9-inch baked pastry shell. Top with a meringue made by beating egg whites together with a little salt until they stand in peaks, then adding remainder of sugar. Brown meringue in a slow oven (300°) for about 20 minutes taking care not to overcook or the meringue will become tough and rubbery. Chill before serving. For variety, add about ⅓ cup shredded coconut.

EGGS FOO YUNG

- ½ cup cooked beef, lamb, chicken, shrimp, or flaked fish
- 2 green peppers
- 1 small onion
- 1 No. 2 can bean sprouts (or 1 lb of fresh sprouts)
- 4 eggs
- ½ tsp sea salt
- 1 tbsp powdered skim milk

The meat, peppers, and onion must either be finely chopped or put through a food grinder. Add bean sprouts. In a separate bowl, beat eggs as for an omelet or scrambled eggs, with powdered skim milk. Blend in meat and vegetables. Salt. Drop from a tablespoon onto a hot oiled griddle as for pancakes, and allow to brown lightly on both sides.

Mushrooms and sliced water chestnuts also make tasty additions to this typically Chinese dish. Eggs Foo Yung may be served at any meal for a nourishing entrée that does not leave you with a stuffed feeling.

EGGS HAWAIIAN

1 egg per person
1 tbsp yogurt per egg
1 tsp powdered skim milk per egg
1 tsp grated fresh or unsweetened coconut per egg
Sea salt to taste

Scramble eggs in usual way by beating well. Blend in yogurt, milk powder, and salt. Add coconut. Turn into a well-buttered skillet over a very low flame, allowing under layer to set well before lifting edges so the uncooked top portion may run down. Watch closely to avoid overcooking. If preferred, eggs may be scrambled in a double boiler, a method which requires no butter and is an excellent way to prepare scrambled eggs for a reducing diet.

POLISH SOUFFLÉ

Prepare a thick hot millet mush by moistening 1 cup of millet meal with ¼ cup of cold water, then stirring slowly into a scant 3 cups of boiling salted water. Allow to cook in top of a double boiler for 20 to 30 minutes, or until thick. Stir frequently. When done, cover bottom of a shallow greased baking dish with half the hot mush. Spread with 1¼ cups of sharp cheese and cover with remaining mush. Pour 1¼ cups of thick sour cream or whipped cottage cheese over top and bake in a 375° to 400° oven for 10 to 15 minutes. Serve hot with a cooked green vegetable, a tossed salad, and a fruit cup.

COTTAGE CHEESE GRIDDLE CAKES

½ cup whole wheat flour
½ tsp baking powder
½ tsp sea salt
2 eggs, well beaten
1 cup moist cottage cheese (if dry, add a little milk or sour cream to moisten)
1 tsp of grated lemon rind
dash of nutmeg
1½ tsp honey or raw sugar

Sift together all dry ingredients. Add eggs, to which have been added cottage cheese, lemon rind, nutmeg, and honey or sugar. Bake on a hot greased griddle and serve with a teaspoon of thick sour cream or a little honey on each pancake.

CREAM OF FISH SOUP

1 lb lean fish
12-18 whole peppercorns
1 stalk celery
3 sprigs parsley, chopped
1 sprig parsley, chopped
1 onion, sliced
1 carrot
½ bay leaf
4 cups cold water
3 tbsp butter
6 tbsp millet meal
1 cup green peas
2 cups carrots, diced
sea salt
2 cups hot milk

Cut fish into small pieces and place in saucepan. Add peppercorns, celery, parsley, onion, carrot, and bay leaf, and cover with water. Bring mixture to a boil, then simmer for 40 minutes. Strain. Add water to stock to make 1 quart. Melt butter and stir in millet meal to make a smooth paste; add to stock and bring to a boil. Add peas, diced carrots, and salt to taste. Cook until vegetables are done. Add milk; reheat. Serves 6.

BUTTERMILK HONEY DRESSING

1 tbsp sunflower or sesame seed meal
½ tsp sea salt
⅛ tsp dry mustard (optional)
¾ cup buttermilk
2 scant tsp honey
1 egg, well beaten
2 tsp lemon juice or cider vinegar
2½ tsp butter

Mix together meal, salt, and mustard (if used) in top of double boiler. Moisten with about 2 tablespoons of buttermilk, then stir in balance of buttermilk, honey and well-beaten egg. Place over bottom of double boiler in which water is boiling rapidly. Cook until dressing thickens, stirring constantly. Remove from fire. Add lemon juice or vinegar and butter. Allow to cool. Chill in refrigerator before using. An inexpensive dressing that is delicious on coleslaw and all fresh or cooked vegetable salads.

BUTTERMILK SHERBET

2 cups buttermilk
½ cup honey
1 cup crushed pineapple
1 egg white
1½ tsp vanilla

Combine buttermilk, honey, and pineapple. Freeze until consistency of mush. Place them in a chilled bowl. Add egg white and vanilla and beat until light and fluffy. Replace in refrigerator and freeze until firm. Stir infrequently. 6 servings.

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To Sum Up: Where Do We Go from Here?

As an authentic "senior" citizen, I've witnessed the aging population for many years. I have seen friends and relatives run the gamut of emotions as they approached sixty-five, the mystical, magical number that science and society have dubbed "old age."

Among my middle-aged peers, the pattern is still unrelenting. At one end of the spectrum are those who look forward to their sixties with eager anticipation. At the other extreme are those who dread the prospect. In between, there are varying shades of opinion.

What makes for differences? Why do some people foresee their most mature years as a period of deadly, dull retirement, while others plan to work forever or to make retirement their most productive, fun-filled era?

Who are the ones that anticipate hours, days, weeks of loneliness? Who are the ones that plan to make new friends and extend their social lives?

There are people who will seek new knowledge, travel, broaden their horizons—and there are others who won't journey much farther than their TV sets. What feature, if any, distinguishes the two? Is there some common denominator?

Money certainly influences a person's future plans. So does talent—the ability to master new challenges. Drive and ambition are known to motivate people of all ages.

Yet, in my experience, none of these factors appears to be *the* answer. Some of the wealthiest men express pessimism, while some, with only the Social Security pension in the offing, radiate optimism. The same variations exist among people possessing, or lacking, the other traits.

There is, however, one quality that is like a mathematical constant. It transcends all wealth, talent, and ambition. Those who have it invariably see their remaining years as golden. Those without it are certain to dread each added day of their lives.

What is this potent force that influences all humans equally? What else except—health!

Health—the signal flare of each man's and woman's future. As long as it glows, it lights the way to boundless enthusiasm and to the bountiful pleasures that a leisurely, independent life has to offer. Allow the flame to expire, and the future turns dark, empty, foreboding.

So priceless a possession—so vastly abused. Consumers spend more to preserve their cars than to keep their bodies in tune. They keep their pets slim and trim while allowing themselves to become soft and flabby. They spend hours determining which fertilizers and soil nutrients will best nourish their lawns, but they barely glance at the labeled ingredients of the food they buy for themselves.

Is it any wonder that so many people feel the ravages of "age" in their fifties and sometimes even in their forties? Why shouldn't they fear the future? If they've already begun to debilitate in their middle years, what horrors await them in their later years?

There's no set answer, because human bodies are not preprogrammed mechanisms. Some are innately stronger, more resistant than others. But none can give back more value than it receives.

To the extent that you feed your body harmful substances and deny it the nutrition it craves, it will respond with aches, pains, and illness. Restrict its need for exercise, force it to carry weight that's a constant strain, and it will start to break down.

The trouble with health problems is, they're not instantaneous. Many aches and pains of middle age, later amplified during the senior years, actually begin in the youthful stage. At that point, few people take them seriously, and practically no one sees them as precursors of later illness. When they finally strike full-force they are often difficult to turn back.

But just as it is never too early to practice good nutrition that ensures good health, it is never too late, either. As long as a diseased organ hasn't died, there's a chance it can be rejuvenated. If there has been no severe bone loss, no muscular atrophy, no erosion of tissue, then hope exists.

Naturally, any reversal must take time. What you spend forty or fifty years in creating is not about to vanish overnight. At the same time, you yourself may have to undergo some changes in your life-style. New tastes must be cultivated, old ones discarded.

Learning the art of healthful living is not a difficult task. Mostly, it's fun. There are no secret formulas to memorize, no complicated recipes to master. As I demonstrated in my book *Cook Right—Live Longer,* nutritious eating may seem like a completely new way of life until you discover that there is no hocus-pocus involved in health cookery.

By the same token, exercise and weight control must become part of your second nature. Does this mean suffering muscular aches and hunger pangs simultaneously? Hardly. A sensible reducing and weight control diet and exercise program—the type I described in *Eat and Grow Slender*—is neither strainful nor painful. At any age, if you are able to walk, you are able to take some form of beneficial bodybuilding.

While altering your physical behavior, a mental reorientation may also be in order. Retirement must not be approached as a sentence to limbo, but as an opportunity for new accomplishments. Don't dwell on the past. Nostalgia is a nice place to visit, but not to move into permanently. Life is a forward-moving process, and as long as you're a part of it, you must move in the same direction.

In many ways, that's not easy. For while society is forever preaching pious pronouncements about the dignity of the aged, it treats them as second-class citizens.

Economically and socially, older people still run into discrimination. Many jobs are closed to them, even though they may qualify in every respect. For housing they must turn more and more to special communities, apartments or hotels set aside exclusively for "seniors." That is, if they can afford them.

But even amid these prejudices, being over sixty has decided advantages. There's great satisfaction in rising above the battle of the status-seekers. While others pursue false values, you can now choose your pleasures meaningfully. You are free of pressure, beholden to no one except yourself.

None of this is possible, however, unless you protect your most valuable possession—your health. It's the wheel on which your later years can roll smoothly, uninterrupted by physical failure. Revitalize your health, preserve it with exercise and nutrition, and you will soon discover that later life is truly the good life.

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beyond a doubt that common sense and a dedication to living naturally are the best preventive medicine.

LELORD KORDEL's interest in food and its relation to health and longer life has spanned more than a half century. Now in his early sixties, he looks twenty years younger. His dynamic energy is the envy of men half his age. His health and vitality enable him to work a twelve- to fourteen-hour day without tiring. He travels more than 100,000 miles each year to tell the world about his theories on sensible eating, which have been the subject of ten widely read books, including the best-selling *Eat and Grow Younger* and *Cook Right—Live Longer (The Lelord Kordel Cookbook)*. His lectures are attended by people in all walks of life: from movie stars and diplomats to housewives and laborers.

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